

IN GOOD HEALTH

FALL 2018



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McLAREN PORT HURON BUILT THE BEST WITH ITS PATIENTS IN MIND.



Significant transformation has been taking shape at McLaren Port Huron over the last three years. Construction began in 2015 for the new 30,000 square-foot Barbara Ann Karmanos Cancer Institute, and it opened just one year later. Since its opening two years ago, the center has averaged about 400 radiation therapy and chemotherapy visits weekly. Many of these cancer patients used to travel out of St. Clair County for daily treatment before the cancer center opened.

The Karmanos Cancer Institute was the first of three phases of McLaren Port Huron's expansion efforts. The hospital's latest grand opening will touch the lives of even more patients. Construction began on the new 174,000 square-foot four-story south patient tower in 2016, and it opens mid-October.

THE NEW PATIENT TOWER FEATURES:

- 72 private inpatient rooms, each designed with an area for family.
- A new emergency center with more treatment rooms.
- New and expanded intensive care and observation units.
- Four larger operating rooms to accommodate the latest in surgical technology.
- Valet parking and a new central lobby to provide convenient access to inpatient and outpatient services.

Once finished, construction will immediately begin on the third phase to renovate the north patient tower (the current east tower). The design palette will mirror the new south tower. Once renovations are complete in the north tower in late 2019, every patient room will be private.

Combined, all three projects total \$161 million. McLaren Port Huron's expansion is the largest construction project St. Clair County has seen in decades.

These investments symbolize our commitment to patient care and the community. We truly designed the best care experience with our patients in mind.



In addition to construction, McLaren Port Huron has taken additional steps to enhance the quality of care over the last year, by purchasing new technology.

NEW EQUIPMENT INCLUDES:

- A second da Vinci® robotic surgical system. The new Xi Surgical System is similar to the da Vinci® Si model that McLaren Port Huron has used since 2012. Robotic surgery decreases recovery time for patients.
- Impella heart device used in high risk patients, reducing post-procedure cardiac complications.
- A new cancer MRI, CT and X-ray units.
- Brachytherapy for individuals with prostate cancer. Brachytherapy implants seeds into the prostate, which minimizes radiation exposure to surrounding organs.



BREAST CARE SURGEON EXPANDS CONTINUUM OF CARE IN WOMEN'S WELLNESS PLACE

When McLaren Port Huron introduced the area's first Women's Wellness Services over 30 years ago, it was the result of reaching out and discovering the needs of women. Women then, and now, want a variety of services, clinical excellence, and a caring staff in one convenient location.

"It was quite a wish list," says Women's Wellness Manager Luann Black. "And, we continue to expand to meet those needs."

One example was the addition of Well Woman Care with an on-site gynecologist. With Dr. Peter Tseng located in Women's Wellness Place, women can receive centralized services.

"Women can have their annual wellness physical, mammogram, possibly a bone density exam and even lab work right next door – all in one visit," says Luann.

The success and popularity of Well Woman Care has recently led to another milestone. Dr. Kimberley Clark-Paul has recently joined McLaren Medical Group and located her practice, Breast Care and Surgery, within Women's Wellness Place. Dr. Clark-Paul has a great passion for women's health care, specializing in breast care, malignant and benign diseases as well as breast surgery.

"We have a multi-coordinated team right here," says Dr. Clark- Paul. "For instance, I can coordinate with the radiologist, medical oncology, and a radiation oncologist while the patient is here. Also, it's possible to get extra (mammography) views right here, if needed."

“ WE HAVE A MULTI-COORDINATED TEAM RIGHT HERE. ”





“PATIENTS CAN BE CONFIDENT THEY ARE GETTING THE HIGHEST STANDARD OF CARE AT McLAREN PORT HURON.”

The advantages of a multidisciplinary approach for diseases of the breast is available for all breast patients treated at McLaren Port Huron. Physicians whose patients have been diagnosed with a disease of the breast are encouraged to present their case at the hospital's Breast Cancer Conference. This multidisciplinary group consists of pathologists, medical and radiation oncologists, surgeons and radiologists, along with other health care disciplines.

“The patient's unique pathology, stage of disease, history, and best treatment according to expertise and national standards are discussed,” says Dr. Clark-Paul. “Patients can be confident they are getting the highest standard of care right here at McLaren Port Huron.”

In addition to the team of physicians, McLaren Port Huron provides a dedicated team of clinicians, such

as a nurse navigator, to guide patients through the system, social workers, case managers, physical therapists, and dietitians. This physician and clinical team approach is essential in treating each woman as an *individual* – not just as a patient.

“What I like is that we can focus not only on the patient, but on the needs of the family while the patient is going through this difficult time,” says Dr. Clark-Paul. “Each patient and family has an individual journey. There could be financial or transportation issues that are creating barriers in their care. With a team, we're in a better position to help.”

To learn more about Women's Wellness Place and its highly accredited Breast Imaging Center of Excellence, visit mclaren.org/phwwp, or call 810-985-2663.

Women's Wellness Place is proud to offer uninsured women financial assistance for mammograms and other breast health services through the Women In Need Program. Just ask for an application when making your appointment. Assistance is based on availability of funds and meeting criteria. This program is presented free of charge through the generous community donations to the Donna M. Niester Breast Cancer Fund and the Free Mammogram Fund at McLaren Port Huron. For more information about the Women In Need Program or to make an appointment, call Women's Wellness Place at 810-985-2663.

FALL 2018

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

UPCOMING PROGRAMS

McLaren Port Huron (MPH) / Duffy Classrooms

1221 PINE GROVE AVE., PORT HURON

McLaren Port Huron (MPH) Jefferson Building

1320 WASHINGTON AVE., PORT HURON

Bariatric Informational Seminars

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

MPH DUFFY CLASSROOMS • COST: FREE

Art Therapy Sessions

A program for cancer survivors and those currently undergoing cancer treatment to express their experiences through art. No prior art experience is necessary, and participants are not required to attend all sessions.

October 2, 9, 16, 23, 30; 1 – 3 p.m.

McLAREN PORT HURON - KARMANOS CANCER INSTITUTE

COST: FREE

Breast Cancer Survivor Celebration

Breast cancer survivors are invited to enjoy a light dinner and learn about advances in breast cancer treatment with radiation oncologist Dr. Neal Bhatt.

October 9; 5:30 – 7 p.m.

MPH DUFFY CLASSROOMS • COST: FREE

National Depression Screening Day

Participants complete a free, confidential depression screening and meet privately with a mental health professional to discuss the results.

October 11; 9 a.m. – 5 p.m.

ST. CLAIR COUNTY COMMUNITY COLLEGE CENTER

323 ERIE ST., PORT HURON

COST: FREE

Creating a Will That Works for You

Join Chuck Kelly and Kellen Elliott from Kelly Law Firm to learn the basic steps to create a will that works for you. Sponsored by McLaren Port Huron Foundation.

October 17; 10 - 11 a.m.

MPH JEFFERSON BUILDING • COST: FREE

Medicare Counseling: Open Enrollment

Schedule a one-hour, one-on-one appointment to meet with a certified Medicare counselor to review your choices for health and drug coverage.

October 16 & 24, November 1; 10 a.m. – 3 p.m.

MPH JEFFERSON BUILDING • COST: FREE

Ladies Night Out

Join us for a night of shopping, health screenings, and a light dinner. Guest speaker Dr. Kimberley Clark-Paul will discuss the importance of breast health.

October 18; 5:30 p.m. doors open, 6:30 p.m. speaker

LEXINGTON UNITED METHODIST CHURCH

5597 MAIN ST., LEXINGTON

COST: FREE

AND

October 25; 5:30 p.m. doors open, 6:30 p.m. speaker

MARYSVILLE COMMUNITY CENTER

867 E. HURON BLVD., MARYSVILLE

COST: FREE

Look Good, Feel Better

This program teaches techniques to help individuals undergoing cancer treatment combat the appearance-related side effects. Call the American Cancer Society at 1-800-227-2345 to register.

October 25, November 15; 1 – 3 p.m.

MPH JEFFERSON BUILDING • COST: FREE

Avoiding Scams & Financial Exploitation

Join staff attorney Amy Thomas from Lakeshore Legal Aid to learn how to protect yourself from financial exploitation scams.

November 12; 10 - 11 a.m.

MPH JEFFERSON BUILDING • COST: FREE

Savvy Seniors Series Lunch & Learn: Alzheimer's Awareness

Explore a day in the life of dementia and Alzheimer's Disease to gain insight about what the person with Alzheimer's is experiencing. A light lunch will be served.

November 13; 11:30 a.m.

MARWOOD NURSING & REHAB

1300 BEARD ST., 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 • COST: VARIES

Diabetes Care Program: Holiday Celebration

Join the diabetes education team for a holiday celebration. Enjoy a cooking demonstration and sampling with McLaren Port Huron Executive Chef, Michael Smith. Diabetes educators will be available to answer questions.

November 13; 1:30 – 3 p.m.

MPH DUFFY CLASSROOMS • 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 6, November 3, December 1;
8:30 a.m. – 4 p.m.

Comfort and Relaxation During the Birthing Process

November 26; 6:30 – 8:30 p.m.

Breastfeeding

November 10; 10 a.m. – noon

Childbirth Education Online

Call HealthAccess for more information.

SUPPORT GROUPS

Alzheimer's Support Group

October 23, November 27; 1 – 2:30 p.m.
MPH JEFFERSON BUILDING

Bariatric Surgery Support Group

November 20, December 18; 12 – 1 p.m.
MPH DUFFY CLASSROOMS

Cancer Support Group for Women

November 13, December 11; 6 – 7:30 p.m.
MPH JEFFERSON BUILDING

Depression and Bipolar Support Alliance

October 11 & 25, November 8 & 22, December 13 & 27;
6:30 – 8 p.m.
MPH NORTH CLASSROOM

Heart to Heart Support Group

October 17, November 21, December 19; 5:30 – 7 p.m.
MPH DUFFY CLASSROOMS

Multiple Sclerosis Support Group

October 13, November 10, December 8; 10 a.m. – noon
MPH NORTH CLASSROOM

Parkinson's Support Group

October 3, November 7; 2 – 3:30 p.m.
MPH JEFFERSON BUILDING

Stroke Survivors Support Group

October 3 & 17, November 7 & 21, December 5 & 19;
10 – 11 a.m.
MPH GATHERING PLACE

55 PLUS SCREENINGS

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

Blood Pressure Screenings

October 3, November 7, December 5;
8:30 – 10 a.m.

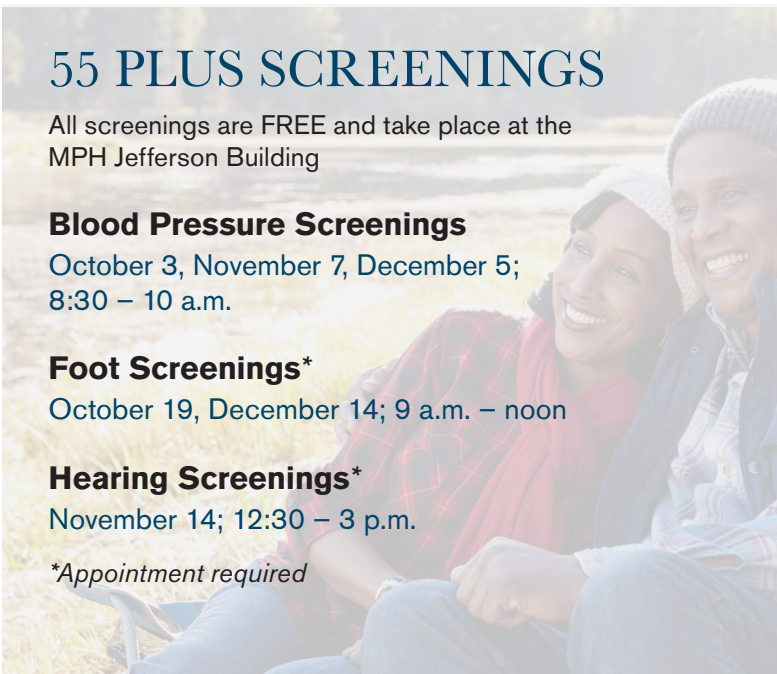
Foot Screenings*

October 19, December 14; 9 a.m. – noon

Hearing Screenings*

November 14; 12:30 – 3 p.m.

*Appointment required





ONLINE ER CHECK-IN REDUCES TIME SPENT IN THE WAITING ROOM

If you've ever had to take a sick child to the emergency department in the middle of the night, you know how stressful it can be. Will you wait long? Will your child be comfortable until you see the doctor? Very often, the ER wait can add to the anxiety for both your child and yourself.

But McLaren Port Huron has changed all that. With online emergency check-in, powered by InQuicker, patients can register in advance for care in the emergency department at McLaren Port Huron. With just a few clicks, patients, or parents of patients, can select an ER arrival time that fits their schedule. This allows patients in need of emergency care to wait in the comfort of home as long as possible, as opposed to sitting in the ER waiting room.

"When you need emergency care, you don't want to sit in a waiting room," said Jennifer Montgomery, president and CEO of McLaren Port Huron. "Online ER check-in reduces the time spent in the waiting room by enabling patients to begin their wait at home."

McLaren Port Huron's online ER check-in is a quick and easy process, which starts by visiting mclaren.org/phERcheckin. Patients can view available check-in times, provide basic contact information, and describe their symptoms, all in about five minutes.

Once completed, patients immediately receive a confirmation email. Additionally, if there is any reason for delay—for example, an influx of patients in the ER from a major accident—online check-in patients will receive an updated notification.

Online ER check-in offers advantages to the emergency department team as well. "The online check-in process allows our team to receive advance notifications of patients coming to the ER, along with the reasons for their visit," said David Monan, director of critical care and emergency services. "We're always prepared to care for any patients upon arrival, but this provides additional information we use to reduce the wait and improve the patient experience."

McLaren Port Huron added online ER check-in as part of an ongoing effort to enhance patient access. Our goal is to see patients who register online within 15 minutes of arrival to the emergency room.

"We want to do everything we can to improve the patient experience and reduce barriers to care," Montgomery added. "McLaren Port Huron continues to explore opportunities to enhance our services and meet the needs of our community."

To learn more about online ER check-in at McLaren Port Huron, visit mclaren.org/phERcheckin.

WOMEN'S & CHILDREN'S COMMUNITY ADVISORY BOARD CELEBRATES 30 YEARS

Throughout history, a sense of community has been essential to human achievement. A sense of community is more than feeling that you belong, community is promoting the shared values and goals and pooled strengths of individuals into a common, greater good. This concept of community is central to the philosophy of McLaren Port Huron in "Doing What's Best," and creating a culture that puts our patients' health above everything else.

The Women's & Children's Community Advisory Board is a prime example of community and working for a common goal. Since 1988, this diverse and caring group of women has assembled to provide input, insight, and advocacy on women's health issues and interests. Because of this powerful connection, we have learned which programs and services women need to enhance their physical, mental and spiritual well-being.

Many of the developments in our women's and children's services over the past 30 years were thanks to the guidance of the Community Advisory Board. Examples of this input include the Women's Health membership program, the Miriam F. Acheson Family Birth Place, and the top-notch clinical services provided in Women's Wellness Place, while focusing on comfort, privacy and education.



Community Advisory Board founding members:
Wendy Krabach, Susan Leroy, Donna Schwartz,
and Susan Borovich

But perhaps an even more important contribution is connecting us with the members of the community and their unmet needs, which helps us work toward resolution of these needs.

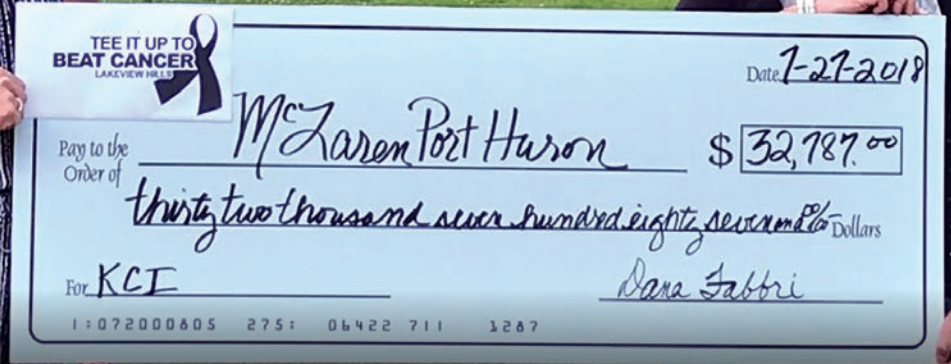
McLaren Port Huron appreciates the many contributions the Women's & Children's Community Advisory Board members have made over the past 30 years as we continue "Doing What's Best" and for inspiring us to keep setting the bar higher and higher.



2018 members of the Community Advisory Board

TEE IT UP TO BEAT CANCER

TEE IT UP TO
BEAT CANCER
2018



Dennis and Dana Fabbri present the 2018 Tee It Up To Beat Cancer donation to Sara Tait, McLaren Port Huron Foundation Major Gifts Specialist.

The 5th Annual **Tee It Up To Beat Cancer** golf outing at Lakeview Hills Golf Resort was, again, a huge success! The weather was perfect as 132 golfers took to the north course and raised over \$32,000. Each team dressed in their cancer color and brought to life the vision that first started this outing.

Funds from this year's event were used to purchase a Body Pro-Lock positioning devise for the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron. This piece of equipment provides an environment in

CT simulation for the most accurate form of radiation to spinal and lung cancer patients and reduces the chance of setup errors by creating safe and efficient radiology treatment planning and imaging.

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

Mark your calendar for July 13, 2019 for the 6th Annual Tee It Up To Beat Cancer Golf Outing!





GOLF CLASSIC BENEFITS TRAUMA PROGRAM

The 39th Annual McLaren Port Huron Foundation Golf Classic was highlighted by beautiful weather and a fun '80s theme! We had a fabulous group of volunteers, employees, golfers, and friends.

Thank you to everyone who participated; buying a raffle ticket, volunteering, golfing, sponsoring, or getting bags on the carts. Thanks to the wonderful support, the new Emergency Room at McLaren Port Huron will be receiving new trauma stretchers with the funds raised.



30th Annual

Festival OF TREES

BENEFIT FOR MCLAREN PORT HURON



SAVE THE DATE
DECEMBER 1 & 2

mclaren.org/phfestival

1221 Pine Grove Ave.
Port Huron, MI 48060

810-987-5000
www.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, email contactus@porthuronhospital.org.

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



WE BUILT THE BEST WITH YOU IN MIND.



INTRODUCING THE NEWEST ADDITION TO McLAREN PORT HURON:

Our 174,000 square-foot, four-story patient tower. Every aspect of the new tower was built with our patients in mind. We expanded our emergency department, intensive care unit and observation unit for greater access to care. Once renovations to the entire campus are complete, all of our patient rooms will be fully private, each with an area for family, including a sleeper sofa for overnight stays.

We have done all this and more because we believe that doing what's best for our patients means always improving upon the ways we provide care. To learn more about our new patient tower, visit mclaren.org/porthuron.