

# IN GOOD HEALTH

SPRING 2019



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# MESSAGE FROM THE PRESIDENT

Ask health care professionals what they are most passionate about, and they would probably say it is improving the health of the patients they serve. At McLaren Port Huron, this passion is evident every day in our frontline staff and shared by our executive leadership, Board of Trustees, and leadership team.

Over the past four years, we have been expanding our footprint to do just that – to improve the health and wellness of our community by providing greater access to care. While the \$161 million capital investment modernized our facility, it also allowed us to accommodate more patients by expanding the square footage in our Emergency Room, Observation Unit, ICU, and Operating Rooms. We have purchased new technology for heart and cancer services.

Aside from our expansion efforts in recent years, we have always focused on – and remain committed to – health prevention, outreach and education. Hospital and community planning teams regularly assess community health indicators, such as leading causes of death, disease rates, health risk behaviors, and access to health care. We then prioritize major health disparities impacting the community, and we implement action plans.

As a result, we offer many resources, including community sponsorships, free and low-cost health screenings, support groups, and educational seminars. Over the past year, we have also started looking very closely at educating our youth about healthy lifestyles as well as potential career opportunities in the health care industry.

We have funded health labs at Marysville Schools. Through partnerships with Port Huron Schools, we have trained educators how to save lives through a program called Stop the Bleed, which is a national effort to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. We also partnered with the school district to train students in the 7th grade on administering CPR. Registered nurses teach CPR to approximately 730 middle school students annually. We have also worked with various school districts to educate students about the dangers of vaping.

Most recently, we collaborated with Port Huron High School and Port Huron Northern to help design a curriculum specifically related to working in the health care industry. Students who enroll in the Biomedical Science program engage in compelling, hands-on activities to diagnose diseases. McLaren Port Huron's goal is to empower our local youth to lead healthy lifestyles and offer career exploration that will build our talent pipeline for the future.

To us, investing in the community means we are nurturing and saving lives every day. Improving the health and wellness of children and adults – and making the Blue Water community a better place to live, work and grow – is ALWAYS at the core of everything we do.

Jennifer Montgomery, MSA, RN, FACHE  
President and CEO



# COMMUNITY BENEFIT REPORT

Fiscal Year 2017

## Voluntary Community Benefit Services & Programs

	CITIZENS SERVED	COMMUNITY BENEFIT
Community Health Education	280,675	\$335,221
Self Help	54	\$8,637
Support Group	457	\$12,722
Health Screening	365	\$12,112
Transportation Services	837	\$64,923

### Total Community Health Improvement Services

Citizens Served: 282,388

Community Benefit: \$433,615

## Other Voluntary Community Benefits

Financial and In-Kind Contributions		\$156,207
Community Building Activities	301	\$72,472
Community Benefit Operations		\$73,360

### Total Other Voluntary Community Benefits

Citizens Served: 301

Community Benefit: \$302,039

## Community Benefits Resulting from Unpaid Costs of Patient Care

Financial Assistance at Costs	\$21,934
Bad Debt at Costs	\$2,946,642
Medicare Shortfall/Surplus	(\$8,615)
Medicaid Community Benefit	\$1,158,147

Total Unpaid Costs of Patient Care: \$4,118,108

**Total Community Benefits: \$4,853,762**



Students from Port Huron Schools' biomed program learn about our trauma program with Trauma Program Manager Caren Kosal.



Registered Dietitian and Certified Diabetes Educator Laura Dahnke works with students enrolled in Port Huron Northern High School's biomed program.



# CHILDREN'S FUN & FITNESS FESTIVAL RETURNS

When kids are asked, "What do you want to be when you grow up?", the response can vary from professional athlete to ballerina. But, as children are being exposed to more STEM (science, technology, engineering, and math) education, the responses are reflecting career choices in these fields too. A hospital environment can provide a glimpse into so many career options, and the Children's Fun and Fitness Festival is a great way to experience them firsthand.

The McLaren Port Huron Children's Fun and Fitness Festival made its debut in 1989, with the mission to familiarize children with the hospital environment in a way that is fun and active, while getting them excited about their health. The event had been held annually until 2016, when it was placed on hold due to construction and the addition of the new South Tower. Now that the tower construction is complete, there will be more stations for kids to visit.

This event is geared toward children ages 5 to 11 and will include several interactive stations throughout the John F. Wismer Health Center, as well as the North and South Tower lobbies, including an obstacle course, pet therapy, and a mock operating room tour. Other stations include health screenings, educational materials, and other fun activities for children. Each child present can enter to win one of two bicycles donated by the Noon Optimist Club of Port Huron.

**Registration at the Wismer Main Entrance begins at 9 a.m. and ends at 12:30 p.m. Free valet parking is available. Children must be accompanied by an adult.**



**Children's Fun & Fitness Festival  
Saturday, April 6 • 9 a.m. – 1 p.m.**



## OVERCOME OBESITY WITH WEIGHT LOSS SURGERY

There's no denying that excess weight undermines good health. The National Institutes of Health ranks obesity and excessive weight together as the second-leading cause of preventable death in the United States and estimates 300,000 deaths a year result from these conditions. Being significantly overweight increases the odds of developing heart disease, stroke and Type 2 diabetes. Certain types of cancer are also related to obesity, according to the U.S. Centers for Disease Control and Prevention.

For those who need to lose weight and are seeking methods that work, more people are turning to medical science — and bariatric surgery is a viable option. McLaren Port Huron's Bariatric Center of Michigan is the Blue Water Area's leader in bariatric services and is the only program in the area accredited by the national Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program.

**Determining if you are a candidate for weight loss surgery begins with this self-assessment:**

- Are you 100 pounds or more above your ideal body weight and want to lose weight?
- Do you have a body mass index (BMI) of 40 or more? BMI is the ratio of weight to height. You can find a BMI calculator at [www.mclaren.org/phbariatric](http://www.mclaren.org/phbariatric).
- Do you have a BMI of 35 or greater with one or more obesity-related health condition(s)?
- Have other forms of weight control failed?
- Are you well informed about the potential procedure and risks?

If you answered yes to any of these questions and you are 18 years of age or older, you may be a candidate for weight loss surgery. Together, you and your bariatric surgeon will take steps to determine if surgery is the right treatment for you, which type of procedure is right for you, and if you are prepared to make life-long lifestyle changes.

If you choose the hospital's bariatric services, you can expect a full continuum of care. This includes a complete medical evaluation, surgical consultation, psychological and nutritional counseling, complete pre- and post-operative care, a specially equipped unit for inpatient care and access to bariatric support groups.

Weight-loss surgery isn't a quick fix. It's a significant lifestyle change — and McLaren Port Huron's team of bariatric specialists have been trained to assist people who choose bariatric procedures by helping them adopt more active, healthy habits. This comprehensive care increases your chances for long-term weight-loss success and improved quality of life following surgery.

McLaren Port Huron's bariatric specialists can help you become a new, healthier you. If you believe bariatric surgery would improve your health and well-being, plan to attend a free informational seminar. For more information, contact McLaren Port Huron's Bariatric Center of Michigan at 810-989-3328 or visit [www.mclaren.org/phbariatric](http://www.mclaren.org/phbariatric).

# SPRING 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

### **Children's Fun & Fitness Festival**

See details on page 3.  
April 6; 9 a.m. – 1 p.m. • Cost: Free  
McLaren Port Huron

### **Fresh Start to Quit Smoking**

This four-week program will provide you the tools to help you quit smoking for good. Participants will select their quit day during the third class. Participants must attend all four sessions.  
April 8, 15, 22 & 29; 2:30 – 3:30 p.m. • Cost: Free  
MPH Jefferson Building

### **Lunch with the Doctor: Skin Care**

While skin protection is important at every age, seniors can be particularly vulnerable during the summer. Join Michael D. Render, PA-C, to learn about skin protection and how to identify suspicious spots.  
April 18; 11:30 a.m. • Cost: Free  
MPH Duffy Classroom

### **Legal Aspects of Long-Term Care**

Learn about long-term care plans. Discuss the advanced planning checklist and topics such as Medicaid, estate planning, and financial planning for long-term care. Sponsored by McLaren Port Huron Foundation.  
April 23; 10 – 11:30 a.m. • Cost: Free  
MPH Jefferson Building

### **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.  
April 25 • May 23 • June 27; 1 p.m. • Cost: Free  
MPH Jefferson Building

### **Savvy Seniors Series: Healthy Eating for a Healthy Inside**

Learn about the nutrients in food, how to read food labels, and how they benefit you. Participants will also enjoy samples of healthy food.  
May 1; 10 a.m. • Cost: Free  
Marwood Nursing & Rehab  
1300 Beard St., Port Huron

### **Stress Less with Mindfulness**

Learn mindfulness self-care skills and alternative ways to relate to everyday life experiences to help you feel better and enjoy life more. Lunch is provided. Limited space available. To register, call 810-989-3322, ext. 1006.  
May 7, 14, 21 • June 4 & 11; 11 a.m. – 2 p.m.  
Cost: Free  
MPH Medical Office Building  
Superior Conference Room  
1231 Pine Grove Ave., Port Huron

### **AARP Smart Driver Course**

This two-day course will help you refresh your driving skills to stay safe behind the wheel. Participants must attend both days. Bring payment to the first class. Checks preferred, written to AARP. Must show AARP card for discount.  
May 15 & 16; 10 a.m. – 2 p.m.  
Cost: \$15 AARP members • \$20 nonmembers  
MPH Jefferson Building

### **Medicare 101**

Join the Michigan Medicare and Medicaid Assistance Program to learn about Medicare eligibility and coverage, enrollment, fraud prevention and insurance updates.  
June 5; 10 – 11:30 a.m. • Cost: Free  
MPH Jefferson Building

### **Give Cancer the Boot Survivor Picnic**

Wanted: cancer survivors, their families and care team. Saddle up and celebrate survivorship! Enjoy barbeque vittles and fellowship. Sponsored by McLaren Port Huron and the Barbara Ann Karmanos Cancer Institute. Registration required by June 12.  
June 19; 5:30 – 7:30 p.m. • Cost: Free  
Marysville Community Center  
867 E. Huron Blvd., Marysville

# 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 Wismer Third Floor ▪ Cost: Varies

## Wake Up Your Diabetes Care

Learn about sleep disorders and their effect on health and diabetes. Enjoy “dreamy” samplings from fresh spring recipes and participate in a fun diabetes challenge game that will keep you wide awake! Our diabetes education team will be available to answer questions. Call HealthAccess at 1-800-228-1484 to register. April 30; 1:30 – 3 p.m. ▪ Cost: Free MPH Drew Classroom

# 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

April 13 ▪ May 4 ▪ June 1; 8:30 a.m. - 4 p.m.

## Comfort and Relaxation During the Birthing Process

May 13; 6 – 8 p.m.

## Breastfeeding 101

May 18; 10 a.m. – noon

## Childbirth Education Online

Call HealthAccess for more information.

# SUPPORT GROUPS

## Alzheimer’s Support Group

April 23 ▪ May 28 ▪ June 25; 2 – 3:30 p.m. MPH JEFFERSON BUILDING

## Bariatric Surgery Support Group

April 16; 5:30 – 6:30 p.m. MPH WISMER 3RD FLOOR CLASSROOM

## Cancer Support Group for Women

April 9 ▪ May 14 ▪ June 11; 6 – 7:30 p.m. MPH JEFFERSON BUILDING

## **NEW!** Grief Support Group

A support group for adults ages 18 and over who have lost someone to cancer. Facilitated by a certified grief counselor, this group is a safe place to express feelings, or to just listen. Sessions are informal and confidential. No registration is required.

June 12 & 26; 5 – 7 p.m. MPH JEFFERSON BUILDING

## Heart to Heart Support Group

April 17 ▪ May 15 ▪ June 19; 5:30 – 7 p.m. MPH JEFFERSON BUILDING

## Multiple Sclerosis Support Group

April 13 ▪ May 11 ▪ June 8; 10 a.m. - noon MPH NORTH CLASSROOM

## Parkinson’s Support Group

April 3 ▪ May 1 ▪ June 5; 2 – 3:30 p.m. MPH JEFFERSON BUILDING

## Stroke Survivors Support Group

April 3 ▪ May 1 ▪ June 5; 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 spring off right with a free screening day! Screenings include blood pressure, BMI, foot screenings, fall risk screening, and more. By appointment only.

April 12; 9 a.m. – noon ▪ Cost: Free

## Hearing Screenings\*

June 12; 12:30 – 3 p.m. ▪ Cost: Free

*\*Appointment required*

# GUARDIAN ANGEL PROGRAM

Gifts received through this program recognize deserving caregivers, and also provide a healthier tomorrow for our community. As a non-profit hospital, McLaren Port Huron provides millions of dollars in charity care each year, as well as community benefit activities like free health screenings, educational programs, and partnerships with our local schools.

Guardian Angel brochures can be found in different locations of the hospital, accessed online at [www.mclaren.org/porthuron](http://www.mclaren.org/porthuron), or by calling the McLaren Port Huron Foundation at 810-989-3776.

## FROM A PATIENT:

*“I was admitted to the hospital on two different occasions. I cannot say enough about the great care extended to me during both of my stays. They catered to my every need and seemed disappointed when I did not have any requests. The way they cared for me, I felt like royalty! I don’t know how McLaren manages to get so many dedicated professionals. Everyone was wonderful!”*



# 2018 GUARDIAN ANGEL RECIPIENTS

5 East Staff	Courtney Dusablon	Terri King	Barb Sawher (3)
Wendy Anglebrandt	Patricia Dziubinski	Deborah Koehler	Jacquelyn Schneider
Sarah Artman	Anthony Emerick	Brianna Koveck	Donna Schoenberg
Nichole Bannister	Jennifer Emmert	Kristen Krahnke	Alyssa Seidl (2)
Christopher Barnes	Nicole Ennest	Dr. Ajay Krishen	Paige Smith
Nicole Biessel	Melissa Farquhar	Kayla Lee	Christine Sova
Ashlyn Blue	Katie Ferrett	Cortney Lyons	Karen Spangenberg
Jean Boland	Hannah Francavilla	Amy Magnus	Marcella Sparling
Amy Bolt (4)	Travis Frasier	Mary Maloney	Kyle Steele
Karen Bonney	Heather Gielegthem (4)	Jennifer Marriott	Amy Storey
Autumn Boucher	Susan Gilmore	Ryan McAtamney	Christina Teichow
Alexandria Bramer (3)	Robert Goeschel	Laurie McIntyre	Kathleen Thomas
Jenise Brennan	Dana Gomoll	Sherry McKenzie	Nathan Thompson
Brianna Britz	Georgia Griner	Jourdan Mills	Jessica Tolin (3)
Megan Burgess	Amanda Grybowski	Jennifer Montoya	Robin Torrez
Sara Rutkofske	Chelsea Gueldenzopf	Gloria Moore (2)	Candy Traub-Rainey
Tina Carty	Steve Gura (4)	Marta Munroe	Cheri Trombley
Constance Castillo	Dr. Youssef Hanna	Timothy Nemecek	Raney Troy (3)
Nicole Chalut (2)	Kristie Harms	Martha Nowakowski	Jalissa Watt
Rachel Chapman (2)	Rebecca Hartman	Sandra Payne	Robin Wiecek
Amy Charbeneau	Stacie Hegler	Merissa Phetteplace	Lily Willard (2)
Amanda Chase	Richard Hooper	Dinora Pinelli	Derrick Wise
Tawny Condino	Chantal Warwick	Debra Ramsey (2)	Linda Witzke
Eyvonne Conner	Angela Jacobs	Diana Rich	Katherine Woodward
Taylor Cook	Sarah Javornisky	Kathleen Romig	Melinda Wright
Bonnie Depalma (2)	Eugenie Judson-Sanchez	Chelsea Ruggles	Frederick "Dale" Yeazel
Julianne Diem	Heather Kakos	Bryeanna Rumennapp	Karen Zisler
Shelbie Dove	Karen Kelly	Amanda Salmikivi	Kelly Zoepflitz
Dorothy Ann Dudas	Laura Kenny	Kendall Sanders (3)	Brooke Zwack (6)

## MARWOOD EMPLOYEES

Alyssa Pickard	Camille Haslinger	Karen Sherman
Jennifer Hauck	Jenny Jackson	Demi Varti
ShaRay Davis	Laura Gaffney	Danielle Mitchell
Suzanne Jackson	Margaret McCollum	Alisa Manchester
Heather Travis	Leslie Maunz	Heather Petersen





### DONORS TOUR THE HISTORIC HARRINGTON INN

On Wednesday, February 20, 50 Beacon and Partners in Health members had a “behind the scenes” tour for a vision of the future of one of Port Huron’s most iconic historic buildings, the Harrington Inn. The group then gathered at the Vintage Tavern for some fellowship and visiting.

### PAINT THE TOWN RED

In celebration of American Heart Month, 68 individuals gathered at the Marysville Community Center for a fun, educational night at our Paint the Town Red event February 7. Guests enjoyed hors d’oeuvres with wine pairings, a photo booth, door prizes, and a keynote presentation by cardiologist Dr. Bashar Samman about the signs and symptoms of heart a attack and the importance of seeking early intervention.



Paint the Town Red committee (left to right): Anne Culling, Ellen Hoover, Lori Pidick, Kelly DiNardo, Heather Hayes, and Pattie Munoz

### SAVE THE DATE!

**McLaren**  
PORT HURON FOUNDATION

**GOLF**  
- CLASSIC -

**TUESDAY, JULY 9, 2019**  
More info at [mclaren.org/phgolf](http://mclaren.org/phgolf)

**CELEBRATING THE 40TH ANNIVERSARY AND THE YEAR IT ALL BEGAN...**

**1979**

### WELCOME CHRISTINE ALLOR, NP

Christine Allor, NP, has joined Dr. Robert Dembosky at McLaren Port Huron – Marysville Internal Medicine. She is accepting new patients. If you would like to make an appointment, please call the office today.

McLaren Port Huron  
Marysville Internal Medicine  
1750 Busha Highway  
Marysville, MI 48040  
810-364-4130



# 13th Annual LITTLE BLACK DRESS



## LITTLE BLACK DRESS HAS RECORD YEAR

On Friday, March 1, more than 800 people attended this year's Little Black Dress event, raising \$35,000 for the Betty Kearns Cancer Fund at McLaren Port Huron. This fund assists both men and women fighting any kind of cancer, easing financial burdens during treatment and allowing patients to focus on healing. Since the Betty Kearns Cancer Fund's inception at McLaren Port Huron, it has helped 57 local cancer patients, providing over \$40,000 in assistance.

While the event is held annually, donations to the fund are accepted throughout the year. If you would like to support local cancer patients, contact the McLaren Port Huron Foundation at 810-989-3776.



## DID YOU KNOW??...

- The Little Black Dress Event began in 2007; the year after the Kearns family lost their beloved mother, grandmother, aunt and friend, Betty Kearns, to breast cancer.
- Inspiration for the event was based on the days of Betty and her husband, Ted Kearns, dressing up to dance the night away with Betty in her little black dress.
- The first Little Black Dress event was held at the Thomas Edison Inn with 150 women attending.
- The event now sells out every year with nearly 900 women attending.
- The event has raised over \$200,000 to fund local cancer programs.
- Since 2009, the Kearns family has donated over \$125,000 to McLaren Port Huron cancer programs.
- In 2016, the Betty Kearns Cancer Fund was established at McLaren Port Huron. This fund specifically assists all cancer patients who are experiencing financial difficulties treating at the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron.
- Since the Betty Kearns Cancer Fund inception at McLaren Port Huron, it has helped 57 families – providing over \$40,000 in financial assistance.

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, email [contactus@porthuronhospital.org](mailto:contactus@porthuronhospital.org).

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.



# ER CHECK-IN FROM HOME

At McLaren Port Huron, we understand that when you need emergency care, the waiting room is the last place you want to be. That's why we offer an online registration for non-life-threatening emergencies so you can check in to our ER right from home and minimize the wait when you arrive.

Just visit [mclaren.org/phER](http://mclaren.org/phER) to select an ER treatment time that fits your schedule.

The next time you need expert ER care for non-life-threatening emergencies, register online so the waiting room can be your living room.

It's one more way McLaren Port Huron is doing what's best.