

EXTENDED HOURS

Convenient Care Clinic

We are excited to announce that beginning February 11, 2019, the Convenient Care Clinic will be extending its hours to better serve our patients. The clinic will be open seven days a week including mornings, afternoons and evenings. Like before, no appointment is needed. Clinic hours will be Monday – Friday 8:00 am to 8:00 pm and Saturday – Sunday 9:00 am to 6:00 pm. Be sure to share this exciting news with family and friends and let them know their care is local and convenient.



THUMB REGION

The monthly newsletter for employees and friends of
McLaren Thumb Region

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VOICE

WELCOME DR. JAKUBEC

Please join us in welcoming Shirley Jakubec, MD to our McLaren Thumb Region medical team.

Dr. Jakubec will join our organization in February and will be practicing in our Elkton Primary Care Clinic. Dr. Jakubec grew up in southern Ontario in a farming community. She completed her medical studies in Canada, Grenada, United Kingdom, New York and New Jersey. Dr. Jakubec's medical specialty is Internal Medicine and she is American Board

certified with the National Board of Physicians and Surgeons as well as the American Board of Internal Medicine.

Dr. Jakubec is no stranger to Huron County. She has owned a home in Caseville for many years and in the past she enjoyed a good practice working with Scheurer Healthcare Network. Dr. Jakubec most recently completed two medical mission work terms in the Middle East. This work was with Cure International at Oasis Hospital in the United Arab Emirates. Now having returned to Canada and the United States, Dr. Jakubec will resume her medical practice here at MTR. Dr. Jakubec anticipates seeing many familiar faces and re-establishing her roots in Huron County. She enjoys spending time with family and friends and her vitamin of choice is dark chocolate.

If you haven't met Dr. Jakubec, be sure to stop her when you see her, introduce yourself and welcome her aboard.

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2 Compliance
Corner

4 Heart Health Month

7 EP Volunteers
Needed



COMPLIANCE CORNER

The HIPPA/Compliance Training is mandatory training that will be offered several times during the month of February. See below for the dates and times the training will be offered. The training session will be one hour in length and is required for all MTR staff. Any employee that does not attend the training will be furloughed unless other arrangements have been made with the Director of Compliance. **Contact Sivan at extension 4701 with any questions.**

HIPAA / COMPLIANCE TRAINING

Date	Day	Time	Time	Time	Location
February 11, 2019	Monday	7:30 am	2:00 pm	5:30 pm	DLC
February 13, 2019	Wednesday	7:30 am	2:00 pm	0:00 pm	DLC
February 20, 2019	Wednesday	--	12:00 pm	--	DLC

MEDICAL STAFF ELECTION RESULTS

The MTR medical staff held elections for new officers and department chairs at the November Medical Staff Meeting. The officers will serve a two-year term and the department chairs will serve a one-year term. The new officers and chairs are as follows



Chief of Staff
Dr. Michael Remley



Vice-Chief of Staff
Dr. John Carr



Immediate Past Chief of Staff
Dr. Craig McManaman



Secretary Treasurer
Dr. Yasir Babiker



Chair of Medicine
Dr. Gassan Alouie



Chief of Surgery
Dr. Robert Mutch



Chair of Emergency Medicine
Dr. James Sutton

Dr. Remley will be reviewing the current committee memberships and reassigning members to the various medical staff and hospital committees.

NEW YEAR, NEW YOU

MTR Health and Wellness Challenge Update

For the participants of the health and wellness challenge, it may seem like the challenge has been going on for some time now, but in reality it has been less than a month since its inception. The coordinators, Rachel Voss, Director of Marketing and Krystin Wolschleger, Director of Rehabilitation have been doing a great job of challenging participants and also keeping them motivated to continue. As the challenge rolled out, wellness was a focus and the common goal of all 40 MTR employees participating in the 8

week wellness challenge.

The program was designed with two separate tracks; participants had the opportunity to choose one or both tracks. Track one is all about weight loss, each week participants weigh in and the individual with the highest percentage of body weight lost is that week's prize winner. At the end of the 8 weeks, the participant with the highest overall weight loss percentage wins the jack pot. At the time of this publication printing, the results for the third week of the challenge were complete. The group, as a whole, has lost a total of 128.56 pounds in just the first three weeks! Track two is all about healthy habits, each week participant's receive

a new healthy habit challenge. Another fantastic feature of the program includes speakers coming every Wednesday to discuss a topic related to that week or the upcoming weeks challenge.

As healthcare professionals at McLaren Thumb Region we want to offer opportunities for the staff to not only grow as clinicians but to grow as individuals, whether that means losing weight or just choosing to live a healthier life style with the support of programs like this one. Our goal is to continue this program and assist in its growth to offer as many services and as much support as our participant's want/need through the future of the program.

EDUCATION OPPORTUNITIES

Each day is an opportunity to learn. As professionals, we sharpen our skills and learn new things often. There are many opportunities on campus or in our community to continue our learning. Below are upcoming learning opportunities. If you have any questions, contact Yvonne at ext. 4346.

HeartCode BLS Classes

Classes will be held **February 8, March 6 and April 12** from 8:00 am to 12:00 pm in the Distance Learning Center (DLC). Class consists of a skills review, video and skills testing. Be sure to complete a Requisition to Attend Seminar form and have it signed by your Department Director and return completed form to the Education Department.

ACLS Classes

Classes will be held **April 4 & 5, July 25 & 26 and October 10 & 11** from 8:00 am to 5:00 pm on Thursday and from 8:00 am to 12:00 pm on Friday. In order to recertify, your ACLS card cannot expire prior to the class date. If your ACLS Card has or will expire, please register for the Full Provider Course. Recertification will take place on Thursday not Friday. To register, be

sure to complete a Requisition to Attend Seminar form and have it signed by your Department Director. Return the completed form and a check for \$50.00 payable to McLaren Thumb Region to the Education Department. Checks will be returned upon completion of the course. All classes are held in the DLC.

PALS

Classes will be held **February 1, June 7 and November 22** from 8:00 am to 5:00 pm in the DLC. To register, be sure to complete a Requisition to Attend Seminar form and have it signed by your Department Director. Return the completed form and a check for \$50.00 payable to McLaren Thumb Region to the Education Department. Checks will be returned upon completion of the course.

Family and Friends CPR Classes

Classes will be held **March 21** from 5:30 pm to 7:30 pm in the DLC. This low-cost CPR class is designed for staff or community members who would like to learn CPR, use of an Automated External Defibrillator (AED) and how to relieve choking, but do not need certification. Classes are located in the DLC and cost is \$5.00 per person.

To register contact the Community Outreach and Education Department at extension 4346.

Smoking Cessation Classes

Classes will be held **February 6 & 13** from 9:00 am to 11:00 am in the DLC. Classes will also be held February 7 & 14 from 5:30 pm to 7:30 pm in the Board room. These two-class series are designed to help participants stop smoking by providing essential information, skills for coping with cravings and group support. The cost of the class series is \$25 and payable at the first class. To register for the classes contact Yvonne at ext. 4346.

Stop the Bleed Training

STOP the Bleed education is an ongoing offering. As of the end of January 387 individuals have participated in the education. If you know of any group/organization that is interested in this very important and free offering please contact Annette Walleman at extension 4491 with their contact information. Annette will contact them and set up a training date and time that will work with their schedule.

IT'S HEART HEALTH MONTH

February is Heart Health Month and the perfect time to bring awareness to heart health. As we begin the month of February, let's not forget that heart disease can happen to anyone. The more we talk about heart health, the more familiar and comfortable we become with it. Below are some impressive, fun, helpful and sometimes shocking facts about the heart to help draw attention to the importance of good cardiovascular health. These facts have been gathered by Jeff Takacs and are here for you to read and share with family and friends.

Heart Health Fact #1

With every beat of your heart blood is sent flowing through 60,000 miles of blood vessels, delivering important nutrition and oxygen to all your organs and tissues. If you stretched the blood vessels in your body end-to-end, they'd circle the Earth almost 2.5 times! *[Cleveland Clinic]*

Heart Health Fact #2

Laughing may, in fact, be good for your heart and overall health! Research suggests a good belly laugh can increase your blood flow by 20%. The positive effects of this chuckle can last for 24 hours. *[American Heart Association]*

Heart Health Fact #3

Sadly, only 27% of people can identify all the major symptoms of a heart attack and know to call 911 immediately when they occur. Immediate action saves lives! According to the CDC, the major signs of a heart attack are:

- Chest pain or discomfort.
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.
- Shortness of breath.
- Nausea, lightheadedness, or cold sweats.

[Centers for Disease Control and Prevention]

Heart Health Fact #4

A woman's heart typically beats faster than a man's. On average, a woman's heart beats 78 times per minute while the average man's beats 70 times. *[Chilnick, Lawrence. 2008. Heart Disease: An Essential Guide for the Newly Diagnosed. Philadelphia, PA: Perseus Books Group.]*

Heart Health Fact #5

Evidence of heart disease found in ancient mummies from around the world suggests heart disease has been an issue for thousands of years. Not long ago, researchers reviewed CT scans of 76 Egyptian mummies, and 38 percent were found to have probable or definite calcification in their arteries. *[Global Heart Journal]*

Heart Health Fact #6

Did you know that an octopus has three hearts but a jellyfish doesn't have a heart at all? Two of the hearts in an octopus pump blood (it happens to be the color blue) to the gills, while the third circulates it throughout the rest of the body. *[NOAA]*

Heart Health Fact #7

About 1 in every 6 U.S. healthcare dollars is spent on cardiovascular disease each year. It's the most costly condition in America. When you factor in lost productivity, the U.S. Centers for Disease Control and Prevention estimates heart disease and stroke costs our country more than \$320 billion a year. *[Centers for Disease Control and Prevention]*

Heart Health Fact #8

Before the invention of the stethoscope in 1816 a doctor would listen to his patient's heart by placing his ear to the patient's bare chest. A French doctor, who thought this approach was both awkward and of limited clinical value, used a rolled sheet of paper to create an aural tube that led soon thereafter to the stethoscope's invention. *[US National Library of Medicine]*

Heart Health Fact #9

The No. 1 killer of women in America is heart disease. It's more deadly

each year than all forms of cancer combined. Some 43 million American women have heart disease, although females comprise only 24 percent of all heart-related study participants. *[American Heart Association]*

Heart Health Fact #10

Sadly, 133,000 Americans die of heart attacks each year. *[Wall Street Journal]*

Heart Health Fact #11

Heart attack sufferers do best when treated within an hour of symptoms starting. Sadly, many wait hours before seeking help. *[Wall Street Journal]*

Heart Health Fact #12

Healthy heart, healthy mind. Good heart health when you're young may increase your chances of staying mentally sharp as you age. *[American Heart Association]*

Heart Health Fact #13

Researchers think Beethoven had an irregular heartbeat and that the condition may have inspired his greatest music. What's your favorite Beethoven piece? *[A History of the Disorders of Cardiac Rhythms by Berndt Lüderitz]*

Heart Health Fact #14

Your heart looks nothing like a Valentine heart. This powerhouse organ is actually shaped more like an upside-down pear. *[Cleveland Clinic]*

Heart Health Fact #15

Run as fast as you can but you'll never get your heart to beat as fast as the Etruscan shrew. Its tiny heart hammers away an amazing 835 times a minute! *[Journal of Experimental Biology]*

Heart Health Fact #16

Happy birthday, EKG! This vital medical instrument was invented 114 years ago and revolutionized the way in which heart problems are detected. *[Cleveland Clinic]*

Heart Health Fact #17

An adult heart pumps more than a

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gallon of blood per minute - enough to fill 38,000 drinking glasses each day! [Cleveland Clinic]

Heart Health Fact #18

Electric paddles aren't really used to re-start the heart. Doctors use them when it starts to beat in a dangerously irregular pattern. [Cleveland Clinic]

Heart Health Fact #19

Keep Calm and ... Stay Heart Healthy? Studies suggest angry outbursts can boost the chance of heart attack and stroke. [Harvard School of Medicine]

Heart Health Fact #20

Your heart pumps blood to 75 TRILLION cells throughout your body. Almost everywhere ... except your corneas. [Molecular Biology of the Cell, Garland Science]

Heart Health Fact #21

A beating heart puts out between 1 and 5 watts of energy - about the same amount of electricity your DVR

uses when on standby. [National Heart, Lung, and Blood Institute]

Heart Health Fact #22

Suspect a heart attack? Stay out of the car and call 911. An ambulance is the fastest, safest option for help. [National Heart, Lung, and Blood Institute]

Heart Health Fact #23

Love heals? Research shows married heart surgery patients make better recoveries than single patients. [JAMA Surgery]

Heart Health Fact #24

It seems you really can die of a broken heart. Studies suggest sad news or events may increase the risk of heart attacks. [American Heart Association]

Heart Health Fact #25

The heart has always been a source of mystery. The Greeks thought it housed the spirit, the Chinese thought it was the center of happiness and the Egyptians pegged it as the source of intellect and emotion. [Encyclopedia Britannica]

Heart Health Fact #26

Studies have found yoga is effective in slowing down your heart rate, which can help lower your blood pressure. [American Heart Association]

Heart Health Fact #27

Each year 735,000 Americans have a heart attack. Knowing the warning signs increase your chances of survival. [Centers for Disease Control and Prevention]

Heart Health Fact #28

Your heart pumps 1 million barrels of blood in an average lifetime. That's enough blood to fill more than 1,500 Olympic sized swimming pools! [George Washington University Heart & Vascular Institute]

Heart Health Fact #29

Death from heart disease fell 38% from 2003-2013, prompting a leading heart expert to predict it may soon stop being the leading cause of death in America. [Centers for Disease Control and Prevention]

WENDY TABAR RETIRES

Friday, January 4, 2019 Wendy Tabar celebrated with friends and co-workers as she entered and exited the doors of the hospital for the last time as a hospital employee. Wendy retired after 18 years of service to the hospital.

Wendy began her employment back in June of 2000 in the Housekeeping Department where she worked full-time on 3rd shift. In 2001, Wendy switched to 1st shift and began working in the Dietary Department as a general utility part-time employee. Then in 2006, Wendy took a full-time machine operator position on 2nd shift back in the Housekeeping Department where she worked until her retirement.

Wendy enjoys gardening, reading and playing words with friends.

During retirement, she plans on doing more of her favorite things and also some traveling with her husband Ron. Congratulations Wendy and best wishes as you begin the next chapter. May your days be filled with gardening, reading and words with friends!



OMELET SALES!

Don't forget that on Tuesday, February 12, the Huron Café will be selling made-to-order omelets for only \$3.75 from 6:30 am – 9:45 am. Omelets will be cooked on display so you can watch as your omelet is made. Be sure to spread the word and enjoy those scrumptious omelets our awesome staff makes.

52 WEEK RAFFLE TICKETS STILL AVAILABLE

If you haven't purchased your 52 Week Raffle Tickets yet, you are in luck as we still have them available for purchase. Tickets are available at the switchboard and in the Marketing/Community Education offices on the 3rd floor.

STATE POLICE SAY BE PREPARED AND SAFE DURING EXTREME COLD

Now that we are within the throngs of winter and amid extreme cold temperatures, the Michigan State Police issued the following statement on January 17, 2019 with helpful tips to use during the cold weather. Below is that statement; be sure to read it and share with your family and friends.

LANSING, MICH. With frigid temperatures expected to impact the entire state beginning this weekend, the Michigan State Police (MSP) is encouraging residents and visitors to be extra cautious when going out in the extreme cold.

“Extremely cold temperatures can be hazardous and potentially life-threatening,” said Capt. Emmitt McGowan, deputy state director of Emergency Management and Homeland Security and commander of the Michigan State Police, Emergency Management and Homeland Security Division (MSP/EMHSD). “We are asking that Michiganders monitor their local weather reports and follow the appropriate steps to stay safe during this cold spell.”

The National Weather Service is forecasting wind chills to cause temperatures to fall below zero at times Saturday night through Monday morning in the Lower Peninsula. Parts of the Upper Peninsula will experience below zero overnight temperatures through next weekend. Exposure to these temperatures could potentially cause frostbite and hypothermia, as well as create hazardous driving conditions.

To stay safe during cold weather:

- Stay indoors if possible. If you must go outside, wear protective gear, such as hats, mittens, gloves, scarf and a warm coat.

- Avoid overexertion when shoveling heavy snow, pushing a car, or walking in deep snow. Take breaks frequently.
- Watch for signs of frostbite, which include loss of feeling or pale appearance of fingers, toes or face.
- Watch for signs of hypothermia, which include uncontrollable shivering, memory loss, drowsiness and exhaustion.
- Understand the hazards of wind chill. As wind speed increases, heat is carried away from a person's body more rapidly and could lead to severe hypothermia.
- Remove clothing if it gets damp or wet. Wet clothing can make you more prone to hypothermia.
- Weatherproof doors and windows to trap heat inside your home.
- Check heating units. Poorly operating or damaged heating units can release carbon monoxide gas.
- Test carbon monoxide detectors for proper operation and battery life.
- Check on family, friends and neighbors who are at risk and may need additional assistance.
- Watch pets closely and keep them indoors when possible. Animals can suffer from hypothermia, frostbite and other cold weather injuries.
- If travel is necessary, keep a full tank of gas and an emergency preparedness kit in your vehicle. Put warm clothing, such as gloves, blankets and hats, and a cell phone charger in your kit.

Michigan weather is unpredictable any time of year, but especially during the winter months. If you are stranded, do not leave your vehicle. Stay with the vehicle and wait for help.

Motorists are encouraged to check travel conditions and weather reports before driving at www.michigan.gov/roadconditions. Major road closures can be found at www.michigan.gov/drive. The MSP/EMHSD asks that you tune into local news and/or view these websites rather than calling your local MSP post or 911 for travel conditions.

Residents who need assistance or guidance during the extreme cold are encouraged to call 211.

For more information on how to prepare before, during and after an emergency or disaster, visit www.michigan.gov/miready or follow MSP/EMHSD on Twitter at @MichEMHS.



TRAUMA/EP NEWS

Annual Trauma Symposium Scheduled for March

The Region 3 Trauma Symposium is scheduled for Thursday, March 7, 2019 and will be held at the Horizons Conference Center in Saginaw.

The goal of the Symposium is to bring all trauma care providers together from multiple disciplines to better understand how each discipline impacts positive outcomes for the most severely injured. This year, the Symposium will focus on recent events and real-life cases

in trauma care and mass casualty response including eye witnesses from the Las Vegas Mass Shooting.

If you are interested in attending the Symposium and would like to register you may do so online at www.Saginaw/TuscolaMCA.org.

If you have any questions about registration please call 989-746-7760 for assistance.

HUMAN RESOURCES NEWS

Flexible Benefits Reimbursement Reminder

If you were enrolled in the 2018 flex plan year, the reimbursement deadline is March 31, 2019. If you still have a balance in your flex

account, you can still submit claims for expenses incurred during the 2018 plan year. Please feel free to contact Kim Affer at extension 4341 if you have any questions.

CONGRATULATIONS ANGEL

Please join us in congratulating Angel Messing, FNP-BC on her recent move to the MTR OB/GYN Associates office as a new Nurse Practitioner.

For those of you who don't know Angel, she's been with MTR for 14 years. She originally started out as a LPN in Med/Surg. In 2009, Angel received her Associate's

Degree in Nursing from SC4 and then transferred to the Emergency Department where she has mainly worked since then. Angel has also been a relief supervisor over the years as well as a Registered Nurse Union Chair. Angel received her Master's Degree in Nursing from Purdue University Global in June of 2018 and became board certified as a Family Nurse Practitioner.

Angel has spent her entire life in Huron County. She is married with 2 young daughters (Emma age 7 and Ella age 4). When Angel is not working, she enjoys spending time with her family. Angel is very excited about her new position and looks forward to continuing her career with her MTR family for many years to come.

If you happen to see Angel, congratulate her on her new position and wish her well as she embarks on the next phase of her career. Great job Angel!

EP LOOKING FOR VOLUNTEERS

Emergency Preparedness is looking for individuals to join the Decontamination and Special Pathogen teams. If you have an interest in EP and helping others there is a need for your participation within our organization. EP is looking for a core group of individuals interested in participating on one or both of these teams. The purpose of the teams is to provide an added resource for staff in the event we have one of these disasters. Ideally, non-nursing staff is primarily needed for the Decontamination team as nurses would be utilized for the ED to treat the patients after decontamination is complete. If you are interested, initial education/training would be provided and then annually to maintain competency. If you are interested in participating on one or both of these teams, please contact Annette W. at extension 4491, via email or at her new office in room # 209.



CASUAL DAY FOR A CAUSE

For those of you not familiar with our Casual Day Fridays, employees have the option to wear jeans if they donate a minimum of \$1. All of the donations collected for Casual Days are then, in turn, donated to a local or national charity. All donations collected during the month of February will go to the American Heart Association; the nation's oldest and largest voluntary organization dedicated to fighting

heart disease and stroke. The AHA's mission is to be a relentless force for a world of longer, healthier lives.

A total of \$203.00 was collected during the month of December and will be donated to the Care & Share program. Know that your participation in Casual for a Cause does make a difference and is appreciated by all the charities receiving our donations.

Casual day donations are collected by Administrative Assistant, Gerri Schenk who is located on the 3rd floor in room 316.

DID YOU KNOW...

Did you know that Dr. Babiker's office has moved? Dr. Babiker's office is still located in the 1060 building, he has just moved to a different suite. He is now located in suite 800. The office phone and fax number have remained the same.

Be sure to spread the news so that staff and patients are aware of this change.

NEW FACES AT McLAREN THUMB REGION

With a new month comes new faces at MTR. Please join us in welcoming the following new staff members to our team. If you see one of them stop them, say hello and welcome them aboard!



Brooke Gonzales
Clinical Assistant



Michelle Hammond
Clinical Information Specialist



Jacee Mattox
Clinical Assistant



Melissa Werschky
OR Supervisor

EMPLOYEE BIRTHDAYS



The following employees have birthdays during the month of February: Alexis Fetterhoff (02/02), Constance Waites (02/05), Laurie Roth (02/05), Claire Hembrough (02/06), Dr. Shisler (02/07), Donna Barclay (02/09), Candace Potestivo (02/13), Kayla Rothe (02/13), Melissa Lesoski (02/14), Denise Warczinsky (02/16), Mariah Irion (02/16), Trisha Meinhard (02/17), Brittney Gonzales (02/17), Julie Gugel (02/18), Brenda Bolsby (02/19), Mary Long (02/20), Joanne Maurer (02/21), Dawn Ventline (02/21), Sandy Smithers (02/21),

Lindsay Chambers (02/22), Chelsea Booms (02/24), Mary Ann Deacons (02/25), Barbara Walleman (02/25), Melinda Brenner (02/26), Kerrie Lubeski (02/27), Christine Roggenbuck (02/28), Dr. Klosowski (02/28), Sharon Hergenreder (02/28) and Chris Cristiano (02/29).

Hope your special day brings each of you all that your heart desires! Here's wishing you a day full of pleasant surprises. If you happen to see any of these folks, be sure to wish them a happy birthday!

Please note, if you prefer not to have

your birthday listed, please contact Kim S. at ext. 4336.

Remember if you are celebrating a birthday or a length of service work anniversary during the month of February, you will be invited to celebrate over light hors d' oeuvres and cake with our CEO, Michael Johnston. Getting together with Michael is a special time to celebrate you and/or thank you for your service to our organization. Invitations will come via employee email, and employees are asked to RSVP a week prior to the event. Attendance is voluntary.