



Beginning next month, a new section will be added to our newsletter entitled Brag Board. This section of the newsletter is a dedicated space where staff can share special things happening in their lives. Special things may include happy events such as family weddings, anniversaries, graduations, the arrival of babies and grandbabies or milestones. Other things that could also be included might be the announcement of a family death or condolences for the loss of a loved one. This section is strictly dependent upon what is submitted to be published.

As we approach graduation season, we are asking individuals to share with us those graduations happening within your families. Graduations can include preschool, kindergarten, high school or college graduations. It can even include other types of graduations. Whatever you choose to share.

If you would like to submit something to be shared, please send the information to Yvonne Prill via email.

The monthly newsletter for employees and friends of  
McLaren Thumb Region

May 2019 · Vol. 2, Issue 5

# VOICE

## 15TH ANNUAL MCLAREN THUMB REGION AUCTION WAS A HUGE SUCCESS!

It's hard to believe that our 15th annual fundraising auction has come and gone already. The anticipation and work involved in getting things prepared for the event kept many individuals busy for weeks, but everyone's efforts paid off with the success of the auction. Historically the auction has been our biggest fundraising event of the year. This year was no exception.

The event was attended by hundreds of people including many staff and community members. The evening was perfect for gathering with family, friends and co-workers in an effort to raise funds for the MTR Foundation. There were over 250 items in 3 silent auctions and 2 live auctions which were donated by many generous individuals and businesses. There were many activities in which attendees participated including a wine pull, several games and raffles and of course the auctions. There was also a cash bar, appetizers, disc jockey and a seasoned live auctioneer providing entertainment all night long. The evening brought about many laughs, lots of fun

and a ton of great memories.

A huge and sincere thank you goes out to each and every individual involved with the auction. Without the many volunteers, donors and auction attendees, this event would not have been as successful as it was. We are grateful for the support given and know that without the involvement of each and every one of you this year's success would not be possible. Fundraising events like this one are essential to allow our Foundation to continue to support projects that benefit our hospital and the patients we serve. At the time of this publication the final fundraising numbers were not yet available to report, but the event was definitely a true success. The funds raised during the event will allow the Foundation to provide funding for important projects here at the hospital. This year's funds are earmarked for updates to patient rooms and patient equipment. If you or someone you know would like to donate to the Foundation, please contact Rachel at extension 4342. Thank you.

Editor:

Yvonne Prill

(989) 269-2882 ext. 1

[yprill@huronmedicalcenter.org](mailto:yprill@huronmedicalcenter.org)

[mclaren.org/thumbregion](http://mclaren.org/thumbregion)

Know someone who would like to receive the Voice by email? Please send Yvonne the person's name and email address



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## HURON COUNTY RELAY FOR LIFE

The Huron County Relay for Life annual fundraising event is approaching fast and will be on **Friday, May 17, from 4:00 pm to 10:00 pm** at the Bad Axe Middle School. Planning for the event has been underway for several months and there are many activities currently being planned. In addition to the survivor walk, games, displays, music and luminarias there will also be a spaghetti dinner and various activities provided by each fundraising team. There will be a walking path for those who want to view the luminarias on display in honor of, or in memory of, those battling cancer. This event is a family event and all are invited.

This event, along with thousands of other individuals participating in events across the county, is part



of the huge movement to fight cancer and support those battling the disease. As we come together to show our support for those who have battled cancer or are currently battling cancer, let us not forget the importance of raising cancer awareness and supporting the effort to raise funds to help find a cure in the battle against cancer.

If you are interested in participating in the event you can do so in many

ways. You can attend the event and partake in the many planned activities. You can also join the MTR team and volunteer to help with the planned activities or you can simply donate to the cause. If you have any questions at all, please contact Rachel at extension 4342 or Yvonne at extension 4346.

## LAB CELEBRATES LAB WEEK

**Submitted by: Loesel, MLS**

From April 21 - 27 our laboratory professionals celebrated their important roles within the healthcare system. At MTR, the laboratory includes staff members in a variety of specialties, including Phlebotomy, Clerical, Hematology/Coagulation, Chemistry, Urinalysis, Serology, Microbiology and Blood Bank. Each department plays a crucial role in each and every patient's care. Our dedicated team works 24/7 to get accurate and timely results to healthcare providers, allowing for early diagnosis and fast acting treatment plans. Every department in the laboratory is not only important but plays a different role in getting the results our healthcare

providers need.

Each of our lab team members play a vital role in patient care, it is our number one priority to give accurate results to help aid in every patient's diagnosis and treatment. We welcome all MTR staff members to visit the lab when you have a chance.

Many fun events took place in the lab during lab week. On Chemistry/Urinalysis day bagels and test tube cookies were served and pin the Flagella on the Trichomonas was played. On Phlebotomy day, candy-filled syringes were distributed and a table-top corn hole game was played. On Hematology day a taco bar was served along with cell cupcakes. On Microbiology day, staff enjoyed cake and an ice cream sundae bar.



Finally, on Blood Bank day everyone celebrated with a pizza party, cake and Blood Bank Battleship. Each day brought excitement, friendly competition and the winning of lots of fun prizes.

The lab team also held a Food Drive. The Lab Week Food Drive was from April 24-30 with non-perishable food or personal hygiene items being collected and donated to the Shared Blessings Food Pantry in Bad Axe.

## WELCOME DR. PATTON

Please join us in welcoming **Joe Patton, DO, PhD** to our **McLaren Thumb Region** medical team.

Dr. Patton recently joined our team as a hospitalist. He comes to us from Sparrow Carson City Hospital where he spent over 23 years as a hospitalist. Dr. Patton is board certified in Internal Medicine and received his education from Michigan State University College of Osteopathic Medicine where he became a Doctor of Osteopathic Medicine. Dr. Patton obtained his Bachelors of Science degree in Biology, Chemistry, Physics and Mathematics from Midwestern State University in Texas and his PhD in

Physics from Clemson University in South Carolina.

Like Dr. Shisler, Dr. Patton will be a physician who specializes in caring for patients while they are in the hospital. While on duty, Dr. Patton will manage all aspects of a patient's treatment from the time of admission until discharge. This includes coordinating with all specialists and departments within the hospital. As a result of Dr. Patton coming on board, hospitalist coverage has increased to 7 days a week, 12 hours a day.

Dr. Patton is married and has a daughter and 2 grandchildren. When Dr. Patton is not working, he enjoys spending time with his family and doing outdoor activities on the small lake where he lives. He especially



enjoys boating, water skiing and fishing.

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

# 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 **May 10 and June 5** 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 the completed form to the Education Department.

### ACLS Classes

Classes will be held **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 **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 **May 23** from 9:00 am to 11:00 am 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 the cost is \$5.00 per person. To register, contact Yvonne in the Community Outreach and Education Department at extension 4346.

### Smoking Cessation Classes

Classes will be held **May 22 & 29** from 2:00 pm to 4:00 pm in the DLC. This two-class series is 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.



# LYMPHEDEMA TREATMENT AT MCLAREN THUMB REGION

The McLaren Thumb Region Outpatient Rehabilitation department is excited to announce it will begin offering lymphedema services beginning late June or early July 2019. Physical therapist Amanda Strieter, DPT will soon be a certified lymphedema therapist, as she will complete her course work through Norton School of Lymphedema this month. Certification requires 45 hours of pre-course work and 90 hours of classroom instruction, totaling 135 hours.

What is Lymphedema? Lymphedema is swelling that typically occurs in the extremities; however, it can also occur in the head, neck, abdomen or genitals. Lymphedema is the abnormal accumulation of protein rich edema fluid in the extremity. On average, lymphedema affects nearly 3 million Americans yearly. Lymphedema is classified as either primary or secondary. Primary lymphedema is the result of lymphatic dysplasia. It may be present at birth but more often develops later in life without obvious cause. Secondary lymphedema is much more common and is the result of surgery or is a side effect of radiation therapy for cancer. Secondary forms may also occur after injury, scarring, trauma or infection of the lymphatic system. There are three stages of lymphedema. The stages progress from reversible lymphedema through elevation to irreversible lymphedema with increased difficulty for pitting and stage III lymphedema which includes fibrosis and sclerosis and skin changes.

Complete Decongestive Therapy (CDT) is comprised of the following 4 steps: 1) Manual Lymph Drainage (MLD): this is a gentle manual massage technique used to improve the lymphatic system throughout the body. 2) Compression Therapy: through the use of multilayer bandages to increase

tissue pressure between treatment to prevent the re-accumulation of edema fluid. Compression therapy also increases the efficiency of the muscle and joint pumps and is used until the limb is decongested to be fitted with compression garments. 3) Exercises: completed with bandages in place to active the muscles and joint pumps of the affected limb. 4) Skin Care: Skin care and general hygiene are essential for eliminating bacterial and fungal growth, either of which can cause repeated attacks of cellulitis or erysipelas. Because infections are very common complications of lymphedema, meticulous skin and nail care are integral elements of CDT.

What can you expect from your lymphedema therapy session? A typical treatment session can last from 60-90 minutes depending upon the stage of lymphedema an individual is experiencing. Sessions will typically follow the above steps; manual lymph drainage massage, followed by the therapist applying compression wraps, exercises, and skin care. Throughout therapy sessions the therapist will be providing the patient/patient's family member with education and training related to management of lymphedema. The goal at discharge is to have an individual fitted for custom fitting compression garments that can be worn daily rather than completing daily wrapping.

Our ability to offer lymphedema services here at McLaren Thumb Region allows us to better serve our community with a service that has not been readily available in our local community. Many patients are currently driving to Bay City, Saginaw, etc. to receive treatment multiple times a week. If you have questions regarding lymphedema and would like to talk to a provider, please contact Amanda Strieter, DPT via the Rehabilitation Department at McLaren Thumb Region (989)269-1540 ext 4182. If you have questions as a patient please speak with your physician regarding questions/needs for skilled lymphedema treatment or a referral.

## MCLAREN THUMB REGION PAIN CENTER WELCOMES

**SALAH ELDOHIRI, MD**



*Now accepting new patients  
in Bad Axe*

Call (989) 269-1565 option #1  
to make an appointment



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# COMPLIANCE CORNER

## When to Call Your Compliance Officer

### When you inadvertently commit a HIPAA violation and need to self-report. For example:

- Hand discharge papers to the wrong patient.
- Fax patient information to the wrong fax number.
- Hand medications to the wrong patient and they leave the building with them.
- Document in the wrong patient medical record.
- When you witness or overhear a blatant disregard for any of the HIPAA rules. For example:
  - A fellow employee, physician, vendor or other person is on a hospital computer viewing their own medical record, the record of a family member or friend, or another patient, without a work-related reason.
  - An employee or physician is discussing patient information outside of their work area or nursing unit, especially if it concerns a Behavioral Health patient.
- An employee or physician hands a patient papers/reports with the wrong patient name, but doesn't report the error.
- An employee faxes patient information to the wrong fax number, but doesn't report the error.
- An employee, physician, vendor or other person is using their own personal cell phone to text patient information to another person when not authorized to use their cell phone.
- An employee, physician, vendor or other person is using their own personal cell phone to take photos of a patient without proper authorization.
- Any employee or physician other person related to McLaren that has posted patient information on a social media site without the patient's express authorization. Remember, a name is not the only patient identifier.
- When you see an employee, physician, vendor or other person taking hospital supplies or using hospital facilities for their own personal use or in an unauthorized manner.
- When you believe a fellow employee or physician has documented in a chart yet they did not provide the care or has performed a procedure or service that is not medically necessary or warranted.
- When you believe a fellow employee, physician or vendor has entered charges inaccurately.
- When you have gone to your direct report with a Compliance or HIPAA issue but do not feel you were heard or that there has been resolution.
- When you have reported a Compliance or HIPAA issue in good faith but feel retaliated against.

### When you witness or overhear potential fraud and abuse violations. For example:

Sivan Laufer  
Regional Director of Regulatory Compliance  
McLaren Thumb Region  
slaufer@huronmedicalcenter.org  
Office Phone: (989) 269-8933 x 4701  
Hotline: (989) 269-8933 x 4449

## McLAREN EMPLOYEES OFFERED DISCOUNTS

### Crim Festival of Races – August 23, 2019

McLaren employees are offered a \$10 discount off race fees for this year's Crim Festival of Races on Saturday, August 23, 2019, in downtown Flint. In recognition of McLaren Flint's sponsorship of the signature Crim 10 Mile event, any McLaren employee can receive a \$10 discount on their entry fee for the 10 Mile, 5 Mile or 5K race.

The discount code and link for registration is included below:

Code: McLarenCrim (no spaces, not case sensitive)  
[crim.org/races](http://crim.org/races)

### Brooksie Way – September 22, 2019

McLaren employees are offered a \$15 discount off race fees for participation in the 12th Annual McLaren Brooksie Way on September 22, 2019 on the campus of Oakland University, Rochester Hills, Michigan. The discount is applicable to the Half Marathon, 10K or 5K events. The McLaren Brooksie Way is one

of Oakland County's premier quality of life events. County Executive L. Brooks Patterson began the Brooksie Way races to support Oakland County programs and encourage people to become more physically active. To date, Brooksie Way Minigrants have provided more than \$250,000 into programs in Oakland County that promote fitness and healthy lifestyles.

The McLaren discount code and link for registration is included below:

Code: McLaren19  
<https://brooksieway.enmotive.com/>

# MAY AFFORDS US THE OPPORTUNITY TO CELEBRATE OUR STAFF & FACILITY

May not only brings spring flowers, but it also brings National Nurses Week and National Hospital Week. During this time we celebrate our nursing staff and applaud their efforts and dedication to our hospital and the patients they serve. We also raise awareness on the importance of our hospital within our community and celebrate hope, healing and the great work that goes on each and every day within our facility.

National Nurses Week is May 6 – May 12. As we approach this time we can't help but think about our nurses, their challenging job and the hard work they do on a daily basis. Nurses are the backbone in providing care to those we serve and we are grateful for their service. Here are a few surprising facts about nursing you might not know.

- 1. Nursing has been around for centuries** – The first record of nursing dates back to 300 A.D. in the Roman Empire. Nurses worked in hospitals that eventually became relatively developed. It wasn't until the Middle Ages that nursing had many advances and became more widespread.
- 2. Florence Nightingale shaped the profession and healthcare** – Florence Nightingale, a British woman, was one of the most famous nurses. Not only did she save many soldier's lives, she also changed the way nurses were educated and how nursing as a profession was viewed by society. Florence changed the way hospitals were sanitized, how food was prepared and served and how to treat wounded patients to prevent the spread of infection. This evolved the industry.

- 3. Bellevue Hospital School of Nursing was the first nursing school** – This nursing school started in 1873 based on the principles of Florence Nightingale. Located in New York City, this school offered a one year program. Shortly after Bellevue Hospital School of Nursing opened, New England Hospital for Women and Massachusetts General Hospital opened nursing schools as well.
- 4. Nurses walk a 5k every shift** – On average, nurses walk four to five miles every 12-hour shift they work. The average person only walks about 2.5 miles on average. Nurses walk double the distance every shift than the average population does daily.
- 5. There are three million nurses in the U.S.** – The U.S. Bureau of Labor Statistics reported that there were about three million nurses as of 2016. This numerical fact about nursing is shocking because the population of Jamaica is roughly the same as the amount of nurses in the United States. To put this into perspective, there are roughly as many nurses as people living in Los Angeles. It is expected that the field of nursing will continue to grow. It is estimated that by 2026, there will be a 15% growth of employment of nurses.
- 6. Nurses aren't just in hospitals** – This fact isn't groundbreaking, but contrary to popular belief, only 41% of registered nurses work in hospitals. The breakdown of where nurses also work include 14% in skilled nursing homes or assisted living facilities, 11% in home health care, 4% in private practice, 4% in community healthcare centers, 4% in VA hospitals and 22% in other areas.

Our nursing staff are highly valued team members here at MTR and we'd like to take this time to say thank you for your continued hard work and dedication to our facility and the patients we serve.

Without you, we could not provide the exceptional care that we do.

National Hospital Week is May 12 – May 18. As we celebrate during this week we must remember that McLaren Thumb Region is more than a place where people go to heal, it is a huge part of our community and fosters health and represents hope. From providing treatment and comfort to the sick, to welcoming new life into the world, we are essential to a healthy and optimistic community.

To celebrate our staff and their dedicated service, the Annual Employee Recognition Tea will be held on Wednesday, May 8 at 2:00 pm in the DLC. Our Employee Appreciation Luncheon will be held on Wednesday, May 13 from 11:00 am – 1:30 pm for day shift employees and from 9:00 pm – 11:00 pm for night shift employees. Dinner will consist of spinach salad with mango and mango dressing, coleslaw, roast beef, broasted chicken, sweet corn, green bean casserole, au gratin potatoes, mashed potatoes and gravy, stuffing and assorted desserts. If possible, please try and attend one or both of these events. It is your time to shine and our time to say thank you.

In addition to our staff events we invite each one of you to share photos, videos or a few words with us as to why our hospital and staff are so important to the community we serve. We would like to share your input on our social media in an effort to celebrate National Nurses Week and National Hospital Week and help continue to educate those



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# QUOTE OF THE MONTH

*“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” ~Leo Buscaglia*

## HUMAN RESOURCES NEWS

### Are You Up-to-Date?

It is important to remember that if you have a change in name, address, contact number or emergency contact that you notify HR with those updates ASAP. To make changes, please access the intranet to get form #230143 entitled Change of Personal Information under the Human Resources tab. If your

information is not up-to-date you may not be getting important information or we may not be able to communicate with your emergency contact should an emergency arise. Don't put this important task off any longer, complete the Change of Personal Information form ASAP or contact Kim S. at extension 4336 with any questions you may have.

### Join Us for the Following Events

Annual Employee Recognition Tea to honor our fellow co-workers for their dedication and service to McLaren Thumb Region. This year the Tea will be held on Wednesday, May 8 at 2:00 pm

in the DLC.

Annual Employee Appreciation Luncheon/Dinner. The dinner will be served on Wednesday, May 15 in the DLC. Service times include 11:00 am – 1:00 pm for day shift and 9:00 pm – 11:00 pm for night shift. The menu includes spinach salad with mango & mango dressing, coleslaw, roast beef, broasted chicken, sweet corn, green bean casserole, au gratin potatoes, mashed potatoes & gravy, stuffing and assorted desserts.

Please mark your calendars and try to attend these events.

## COMMUNITY INVOLVEMENT

### UPCOMING EVENTS

There are many opportunities within our community to participate in an event. This can be accomplished by either volunteering your time and services or by attending. The following are local events in which MTR will be sponsoring or participating. Please consider spreading the word and taking part in these upcoming events:

#### Huron County Relay for Life

Please join us on Friday, May 17, for this year's fundraising event. Please see article in this newsletter for all the details.

### Adopt a Highway

MTR has adopted a stretch of highway along M-25 in the Caseville area to keep clean and tidy. Each year volunteers walk that portion of road and pick up the unwanted garbage twice a year. Spring clean-up will be on Monday, July 15 at 5:00 pm. Please consider joining us and lending a hand with this task. Not only will your help be greatly appreciated, but you can also get in some exercise while enjoying a peaceful stroll along the picturesque lakeshore. Many hands make very light work!

### Kids Day at the Port Austin Farmers Market

Join us on Saturday, June 15, as we celebrate children by giving away bicycle helmets. Volunteers are needed to fit the children with helmets from 9:00 am to 1:00 pm or until helmets run out. If you would like to volunteer your time for this event please contact Rachel at extension

# 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 May will go to the Huron County Relay for Life.

A total of \$193.00 was collected during the month of March and was

donated to Huron County Relay for Life. 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 now being collected by Yvonne Prill. She is located on the 3rd floor in room 316.

## 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!



**Janelle Wiederhold**  
Pharmacy Buyer



**Dr. Joe Patton**  
Hospatliist



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## EMPLOYEE BIRTHDAYS



**The following employees have birthdays during the month of May:** Judi Brahmmer (05/01), Ashley Stevenson (05/01), Paige Withey (05/03), Dr. Oxholm (05/04), Alan Budzisz (05/04), Ashley Schember (05/10), Victoria Yaroch (05/11), Ashlynn Osantoski (05/13), Chelsea Yaroch (05/14), Deanna Dumaw (05/15), Kelsey Messing (05/21), Gina Ahrens (05/21), Shannon Nowiski (05/22), Sue Wolschlager (05/23), Gary Kratz (05/24), Christina Woods (05/26),

Michelle Pasiak (05/26), Molly wessels (05/28), Amanda Holmes (05/29), Catherine Knoblock (05/31) and William Welch (05/31).

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 May, 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.