

# Connection

A Bimonthly Publication of McLaren Regional Medical Center Volume 8, Issue 10 February/March 2009

## What's Inside...

- 4th Quarter Beyond the Stars Recipient Named .....3
- Little Hearts Receive
- Big Gift .....5
- OB/GYN Offers Specialized Care for Women Suffering from Chronic Pain .....6

**“Our success in accomplishing the goals we set forth can be attributed to the physicians and administration working diligently together for a common purpose. Every member of the team is committed to the success of our program.”**

**– James Chambers, D.O.,  
Chief of Cardiology  
at MRMC**



*Interventional cardiologists Cyrus Farrehi, M.D., and Peter Farrehi, M.D., perform a procedure in the newest Catheterization Lab.*

## Synergism Key to Success in McLaren's Heart and Vascular Program

Many credit Aristotle for saying “The whole is greater than the sum of its parts.” This statement exemplifies the synergy taking place within the heart and vascular program at McLaren Regional Medical Center (MRMC). Obtaining recertification as a Blue Cross/Blue Shield Center of Excellence is just one of several recent accomplishments in the Heart and Vascular program. These achievements are credited to the dynamic team in place composed of physicians, administrators, nurses and support staff. Long regarded as a regional leader in cardiac care, the medical center now offers patients with acute heart and vascular conditions faster and more comprehensive services than ever before.

“We have all the right people in all the right places,” said James Chambers, D.O., Chief of Cardiology at MRMC. “Our success in accomplishing the goals we set forth can be attributed to the physicians and administration working diligently together for a common purpose. Every member of the team is committed to the success of our program.”

In 2008, a leadership team was assembled to expand and enhance the heart and vascular program. Each month, four cardiology specialists and key administrators meet to discuss clinical issues and facilitate implementation of new processes.

CONTINUED ON PAGE 2



**Heart & Vascular Leadership Team Medical Leadership**

*Wilfredo Rivera, M.D., and Majed A. Nounou, M.D., interventional cardiologists on staff at MRMC, participated in the current media campaign promoting McLaren's cardiac services.*



**James Chambers, D.O.,**  
*Chief of Cardiology*



**Jeffrey Harris, D.O.,**  
*Medical Director Cath Lab*



**Richard Hennig, D.O.,**  
*Medical Director CCU and 12 Tower*



**George Predeteanu, M.D.,**  
*Medical Director Non-invasive and CTA*

**2008 Accomplishments**

As a result of this team structure several key initiatives were achieved in the last 12 months. These include:

- AMI Core Measures Met
- MRMC Door-to-Balloon Initiative
- Lapeer Regional Door-to Balloon Initiative
- Atrial Fib Ablation
- Neuro Intervention
- Expanded Medical Staff
- Diagnostic Advancements
- Cardiology Lecture Series

**What to expect in the Coming Year**

The leadership team is looking forward to new challenges. Expanding treatment options for neurocerebral aneurisms, fostering 12-lead EKG reception from ambulances, and advancing the Chest Pain Clinic model are all initiatives underway.

“I am very encouraged by the progress we have made by working together with a common goal to provide the best care at McLaren,” stated Dr. Chambers. “I am confident that we will be able to put these ideas into action where they will make a profound difference in the health of our patients. When something is good for our patients, it is good for the entire community.”

**Administrative Leadership**



**Cheryl Ellegood,**  
*Vice President of Business Development and Clinical Services*



**Cheryl Wieber,**  
*Administrative Director of Cardiovascular Services*



**Don Kooy, MRMC**  
*President and CEO*



**Joan Maten, Vice**  
*President of Nursing*



**Ed Gullekson, Vice**  
*President Medical Affairs*



*Front row l-r: Pat Robinson, Director of Security; Eric Bramlett, 4th Quarter STARS recipient; Harry Mitchell, Security Coordinator; and Todd Sherrill, Second Shift Security Supervisor. Back row l-r: Tamar Swain, RN, Manager Case Management; Annetta Wilbon, Customer Service Manager; Jennifer Forbes, Human Resources; Ken Deighton, Director of Behavior Health; and Don Kooy, President and CEO.*

## 4th Quarter Beyond the Stars Recipient Named

Congratulations to Eric Bramlett, who was selected as MRMC's 4th Quarter 2008 Beyond the Stars recipient. Eric is currently a Weekend Supervisor and has worked Security for four and a half years.

The Beyond the Stars Program was established to recognize outstanding performance on behalf of McLaren Regional Medical Center. Recipients of the award go beyond simply satisfying a customer. Recipients of the Beyond the Stars award make a personal commitment to providing exceptional customer service. On the job, Eric demonstrates

care and concern for the safety and well being of all involved. Eric's nominators recognized a particular act of heroism. Eric was called to a unit where an individual had locked himself in a bathroom. When Eric arrived on the scene, simply expecting to open a locked door, he found the individual unresponsive. Eric performed Basic Life Support until the Code Team arrived. Eric's supervisor said, "It comes as no surprise that he responded with such decisive action in a life and death situation." Eric's nominators further refer to him as conscientious, dependable, helpful and kind.

In his role, Sergeant Bramlett exudes confidence and competence in dealing with any situation he is confronted with. Eric's efforts on behalf of Security and MRMC are second to none. By day, Eric also works in the MRMC Laundry and has been there for two years. He is described as a hard worker who interacts well with his co-workers. We can be proud of the example he sets for all of us. Congratulations, Eric!

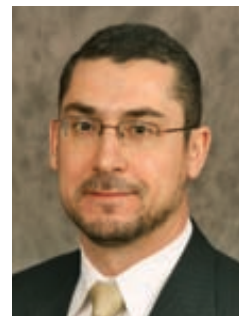
## McLaren Welcomes Gastroenterology Specialist

Mustafa Alnounou, M.D., a board certified gastroenterology specialist has joined the Medical Staff at McLaren Regional Medical Center. Dr. Alnounou is now seeing patients at the McLaren Specialty Center, G-3200 Beecher Rd., Flint.

Dr. Alnounou has completed three Fellowships. His first Fellowship for Clinical Gastroenterology was completed at Indiana University Medical Center in Indianapolis. His

second Fellowship for Transplant Hepatology was completed at Albert Einstein Medical Center in Philadelphia. Dr. Alnounou also has a third Fellowship in Advanced Therapeutic Endoscopy/ Endoscopic Ultrasonography (EUS) which he completed at Fox Chase Cancer Center in Philadelphia. He completed his residency at St. Vincent Hospital in Indianapolis and received his medical degree from Damascus University School of Medicine in Damascus, Syria.

With his specialized EUS training, Dr. Alnounou brings new cancer screening procedures to McLaren. EUS combines endoscopic visualization and high-frequency ultrasound. The EUS technique is the state-of-the-art evaluation for diagnosis and treatment of digestive system cancers/ tumors and disorders involving: the pancreas, bile ducts and gallbladder, esophagus, stomach and duodenum, and the colon and rectum.



*Mustafa Alnounou, M.D.*

*At McLaren's BirthPlace, the newborn son of Claudia Aguilar and Victor Perez wears a SleepSack blanket to keep him warm, snug and safe.*



**The SleepSack™ wearable sleepers by Halo™ brand is a zip-up fleece sack featuring openings at the arms and neck with sewn-in swaddling “wings” to keep baby feeling snug.**

## Babies Sleep Safe and Snug at MRMC's BirthPlace

The LDRP nursing staff is leading by example when it comes to safe sleep for babies. Now at MRMC, each new baby is swaddled in a specially-designed wearable sleeper to keep babies cozy, warm and safe. The practice of using safe sleepers during a newborn's stay reinforces McLaren's commitment to educating families in the care of their newborns and providing a safe environment for babies.

The SleepSack™ wearable sleepers by Halo™ brand is a zip-up fleece sack featuring openings at the arms and neck with sewn-in swaddling “wings” to keep baby feeling snug. The aqua colored sleep sacks are being introduced as a replacement to traditional receiving blankets.

“Often new parents look to the nurses for advice and guidance on caring for their babies,” said Kathy Reynolds, nurse manager of MRMC's BirthPlace. “What better way to teach them the preferred sleep environment than by creating it here in the hospital.”

The U.S. Consumer Products Safety Commission, the American

Academy of Pediatrics and First Candle/SIDS Alliance warn against loose bedding in the crib. New guidelines now suggest the use of a wearable blanket. Bedding that bunches up around a baby's nose and mouth can cause dangerous rebreathing of carbon dioxide. The Halo SleepSack lessens the likelihood of infants getting blankets over or around their face.

Beginning in 2005, MRMC began promoting the use of wearable blankets by giving one to each new baby as a going-home gift.

Representatives of MRMC have been involved in community efforts to reduce the number of area infant deaths. In Genesee County, there are approximately 6,200 live births each year. Since the year 2000, there have been 540 infant deaths in Genesee County (an average of 68 infant deaths each year). Although preterm birth is the number one cause of infant deaths in Genesee County (being born more than three weeks before the due date), sleep-related deaths also contribute to the high mortality rate.

### “Your Body Is Your Baby's First Crib”

“Your Body Is Your Baby's First Crib” is a local infant health social marketing campaign championed by the Genesee County Health Department. MRMC is proud to be a partner in this initiative. One of the five initiatives of the campaign is to keep your baby safe when they sleep. The following guidelines outline national safe sleep practices:

- Place baby to sleep on his or her back alone in their crib for every nap or sleep-time.
- Remove all pillows, bumper pads, stuffed toys & other loose items from the crib.
- Babies need lots of AIR for easy breathing. Make sure there is nothing in the sleep area that could cover baby's face.
- Don't allow anyone to smoke anything around your baby.
- Don't overheat your baby. Dress him or her in as much (or as little) clothes as you are wearing.
- Use a FIRM mattress with tightly-fitting sheets in a safe crib.

# Little Hearts Receive Big Gift

Even little hearts are under a close watch at McLaren. The McLaren Auxiliary recently donated funds to purchase new fetal heart monitors, upgrading the equipment in each of the 18 LDRP suites. In addition to keeping a constant watch on baby's and mother's heart rate and contractions, the new monitors have the advanced capability of linking directly with the hospital's electronic charting system. The new monitors also track all vital signs, eliminating the need for separate data scopes to collect patients' vitals.

Auxiliary donations are generated through the Special Things gift shop and special sales and raffles held throughout the year. The 2008 financial gift, combined with 2006 and 2007 donations, totals \$309,581.

"We are truly grateful for the dedication and generosity of the members of the McLaren Auxiliary," stated Kathy Reynolds, nurse manager of the BirthPlace at MRMC. "The voluntary assistance they provide is invaluable in providing the highest quality care throughout our hospital."



*On behalf of MRMC, Don Kooy gratefully accepted a check for \$96,634.52 from Geri Bois, president of the McLaren Auxiliary.*

*MRMC recently presented a plaque recognizing the Auxiliary's gift. The plaque is mounted in the hall of the BirthPlace on 7 South.*

**"We are truly grateful for the dedication and generosity of the members of the McLaren Auxiliary."**

*- Kathy Reynolds, nurse manager of the BirthPlace at MRMC*



*Janelle Comfort, RN reviews the printout from the fetal heart monitor. Vital signs are transferred to the unit from the lead worn by the expectant mother.*

## OB/GYN Offers Specialized Care for Women Suffering from Chronic Pain



*Theodore Fellenbaum, M.D. OB/GYN, FACOG*

Theodore Fellenbaum, M.D. OB/GYN, FACOG, has provided care for women in the Greater Flint area for 25 years. Last spring, Dr. Fellenbaum opened the Mid-Michigan Vulvar Care and Colposcopy Center. In addition to traditional obstetrics and gynecology, the clinic is the first in the area to specialize in the treatment and care of vulvodynia, a condition of persistent and/or chronic pain and/or itching in the vulvar area, as well as patients with irregular colposcopy (pap smear) results. Located at 1289 S. Linden Road, Flint, the clinic is only the second such facility in the state.

Dr. Fellenbaum accepts patients through physician referral. He

offers his services as a resource to primary care physicians whose patients do not respond to initial treatment. The primary care physician is kept informed about their patient's progress throughout the treatment process. Any outside concerns which may arise are referred back to the primary physician.

Vulvodynia, a chronic vulvar pain without an identifiable cause, can affect women of all ages. Millions of American women experience chronic vulvar pain at some point in their lives.

Although no single treatment is appropriate for every patient, Dr. Fellenbaum will work with each patient to find the right treatment

or combination of treatments to minimize the discomfort of vulvodynia. Dr. Fellenbaum utilizes the following options to treat patients: topical anesthetic and steroid ointments, oral medications, physical therapy, surgery, and reducing irritation through modifications to personal care and lifestyle.

Dr. Fellenbaum is involved in the development of the North American Chapter of the International Society for the Study of Vulvovaginal Diseases (ISSVD) and is a certified ASCCP mentor for teaching colposcopy. For more information call The Mid-Michigan Vulvar Care and Colposcopy Center at (810) 733-8200.

## Davison Sports Medicine Clinic Has Moved

The McLaren Sports Medicine Clinic, currently located at G-2140 Fairway Drive in Davison, moved on February 27, 2009. The clinic has merged with the McLaren Physical Therapy clinic at St. John Family Center, 505 North Dayton, Davison. The phone number for McLaren Sports Medicine remains (810) 653-3962. The new fax number is (810) 658-7732. Staff began seeing patients at the new location on Monday, March 2. The clinic is now called McLaren Physical Therapy and Sports Medicine-Davison. If you have any questions contact Sally Wagner, Manager, Therapy Services at (810) 653-3962.



**The clinic has merged with the McLaren Physical Therapy clinic at St. John Family Center, 505 N. Dayton, Davison.**

# Emergency Department Security Enhanced

A metal detector is now in place at the Emergency Department's (ED) outside entrance. Security is now screening patients and visitors for weapons or other hazardous materials. All purses, bags, packages etc. are subject to inspection. In addition to illegal items, hazardous legal material such as pocketknives, screwdrivers and nail files are not allowed into the Emergency Department.

The integrity of access control must be maintained by all employees.

- Limit the use of the internal badge reader doors to the ED for work-related access only.
- The ED should not be used as a thoroughfare, shortcut, or other non essential purpose.
- When using badge readers insure that the doors close before you leave the area.

- If you encounter guests inside MRMC looking for the ED, politely direct them to the south ED waiting room entrance. They should pick up the phone on the wall and wait for security to assist them.
- Once a patient or visitor has left the secured areas of the ED waiting or treatment areas, they will need to be screened again to re-enter.

Outside ED Entrance



- Not an employee entrance
- Anyone entering here will be screened

Inside ED Entrance



- Guests use phone to contact Security
- Security will escort guests to metal detector

ED Work-Related Entrance



- Entrance located near South elevators
- Make sure doors close completely before leaving the area (approx. 30 seconds for doors to close)

**All purses, bags, packages etc. are subject to inspection. In addition to illegal items, hazardous legal material such as pocketknives, screwdrivers and nail files are not allowed into the Emergency Department.**

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"It seemed like a lot of the study guides I found focused on only a portion of the exam or were written as a quick review to look at just before the exam," said Dr. Abdel-Halim. "I wanted a comprehensive source of information which I could use as a long-term study aide."



Ahmad Abdel-Halim, M.D.

## Applause

Ahmad Abdel-Halim, M.D., is the author of two recently published books for medical students preparing for the United States Medical License Exam. The guides entitled, "Passing the USMLE: Clinical Knowledge"

and "Passing the USMLE: Basic Science" are published by Springer and available at most book retailers, including online at Amazon, Target and Overstock.com. Dr. Abdel-Halim was inspired to author the guides while preparing for the exams as a medical student.

Dr. Abdel-Halim is a member of the McLaren Academic Hospitalist Group and completed his internal medicine residency at McLaren Regional Medical Center in 2007.

# Go Red Day



**Go  
Red™**  
for women

American Heart  
Association 

*Learn and Live*

MRMC employees put their heart into National Wear Red Day on February 6. The event aims to broaden awareness of Go Red for Women, a nationwide movement to empower women to love and save their hearts through lifestyle choices and actions.





*Pictured above front row l-r are: Sandra Winn, Lisa Ash, Charlene Hammond, Sheila Belgada, and Dawn Stafford. Pictured back row l-r are: Linda Weirauch, Vicki Holec, Cathy Jablonski, Doris Monroe, Carol Johnson and Sue O'Brien.*

*Pictured l-r are: Alisha Williams, Liz Ireland-Curtis, and Tamar Swain.*



*Pictured l-r are: Tracy Marsh, Sarah Beck, Teri Rouse, Brenda Rushing and Cheryl Wieber.*

# Announcements

**Thomas Doane** has joined MRMC as the library technician. Thomas previously served as library technician at Ingham Regional Medical Center for seven years.

**Abdul M.A. Hasnie, M.D., F.A.C.C., F.S.C.A.I.**, has successfully completed the requirements of the American Board of Internal Medicine for Maintenance of Certification in Internal Medicine and has passed the Maintenance of Certification Board in Internal Medicine. Dr. Hasnie is also board certified in Cardiovascular Disease, Interventional Cardiology, Nuclear Cardiology, Vascular Medicine and Endovascular Medicine.

**James Ivey**, Manager of Microbiology at Ingham Regional Medical Center and McLaren Regional Medical Center, received a Ph. D. in Health Science from Touro University International. Dr. Ivey also holds both a Bachelor of Science and Masters of Science from Michigan State University. He is a member of the American Society of Microbiology. Dr. Ivey became Manager of Microbiology with IRMC in 1995 and with MRMC in 1999.

**Mary Fitzpatrick**, assistant librarian at MRMC, recently graduated with a Masters of Library and Information Science from Wayne State University. Mary has been employed at McLaren since 1993. Prior to joining McLaren, Mary worked in the medical library at Lapeer Regional Medical Center.



*Thomas Doane*



*Abdul M.A. Hasnie, M.D.,  
F.A.C.C., F.S.C.A.I.*



*James Ivey, Ph. D.*



*Mary Fitzpatrick*



*Dave DeSimone,  
Planning and Business  
Development Director*



*Dan Borton,  
Corporate Leadership  
Director*

## GLCAC Awarded for Growth and Member Satisfaction

The Great Lakes Chapter of the American College of Healthcare Executives (GLACHE) received two prestigious awards at the annual meeting in Chicago. Under the leadership of two McLaren administrators, **Dave DeSimone** (Chapter Vice President), MRMC Director for Planning and Business Development, and **Dan Borton** (Chapter Secretary), MHC Director for Corporate Leadership, GLACHE received the 2009 Chapter of Distinction Award for exceeding national guidelines for Member Growth and Member Satisfaction for exceptional professional educational programming and networking opportunity. GLACHE also received The American Colleges' Innovation Grant for the chapters' project to use pre-existing member hospitals teleconferencing and internet capabilities to offer professional educational programming to executives in rural locations and hospitals across the state.

# Applause

**Naveed Iqbal, M.D.**, returned from the recent Ontario Chapter of American College of Physicians (ACP) meeting with a second place award for his case report presentation on the topic “Purulent Pericarditis due to Methicillin Resistant Staphylococcus Aureus (MRSA) Leading to Cardiac Tamponade”. Dr. Iqbal also received honorable mentions for the following two submissions “Atrial Myxoma Presenting as Nystagmus after Twenty Years of Resection - Eyes Wide Open” and for “Infective Endocarditis Resulting in Acute ST-Segment Elevation Myocardial Infarction”. Congratulations!

Welcome to the Medical Staff

**Ratnaja Katneni, M.D.**, a nephrologist and hypertension specialist is seeing patients at her Flint office located at 1170 Charter Drive, Suite A. Dr. Katneni completed a fellowship in nephrology at the University of Texas Southwestern in Dallas, Texas. She completed her internal medicine residency at McLaren Regional Medical Center in Flint. Dr. Katneni received her medical degree from Kasturba Medical College in Manipal, India.

**James Mick, M.D.**, a board certified neuroradiologist, who specializes in interventional neuroradiology, has joined the medical staff at McLaren Regional Medical Center. Dr. Mick’s practice is located at 44555 Woodward Avenue, Pontiac. Dr. Mick has completed two fellowships, one in interventional neuroradiology at the University of California in San Francisco, and the other in neuroradiology at William Beaumont Hospital in Royal Oak. He also completed his residency at William Beaumont Hospital. Dr. Mick received his medical degree from Ohio State University in Columbus, Ohio.

**Kavitha Reddy, M.D.**, a board certified physical medicine and rehabilitation specialist, cares for patients at the Great Lakes Spine Center, located at G-3239 Beecher Rd., Flint. Dr. Reddy completed her residency at Barnes-Jewish Hospital in St. Louis, Missouri. She received her medical degree from the University of Health Sciences Kurnool Medical College in India.

**Steven Reschak, D.O.**, a board certified otolaryngologist who specializes in otolaryngology and facial plastic surgery, has joined the medical staff. Dr. Reschak’s practice is located at ENT & Plastic Surgery Associates, P.C. at 3455 Regency Park Drive in Grand Blanc. Dr. Reschak completed an internship in otolaryngology at Botsford General Hospital in Farmington Hills. Here, he also completed a residency in otolaryngology and facial plastic surgery. Dr. Reschak received his Doctor of Osteopathic Medicine from Kirksville College of Osteopathic Medicine in Kirksville Missouri.



*Naveed Iqbal, M.D.,*



*Ratnaja Katneni, M.D.*



*James Mick, M.D.*



*Kavitha Reddy, M.D.*



*Steven Reschak, D.O.*

**Colorectal  
Cancer**

**Are You  
at Risk?**



**March is Colorectal Cancer Awareness Month**

McLaren Regional Medical Center and  
Great Lakes Cancer Institute  
invite you to request a free kit to test for colorectal cancer.

**Please call 1-866-696-GLCI (696-4524)**

If you are 50 or older, you need to get tested for colorectal cancer  
(no matter how good your excuse is).  
Offer valid March 1 through March 31.

**McLAREN**  
REGIONAL MEDICAL CENTER  
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GREAT LAKES  
CANCER  
INSTITUTE  
A McLAREN HEALTH SERVICE



**This FREE Kit Could Save Your Life!**

# Community Connection



## Wellness Program Offers Self-Help Classes

### Arthritis Self-Management Education

McLaren Regional Medical Center's Wellness Program is now offering the area's only "Arthritis Self-Management Education Class," a program developed by the Arthritis Foundation. Benefits of the class include improved knowledge about arthritis and its management, a reduced level of pain, fewer physician visits, and increases in self-care behaviors such as exercise and relaxation techniques. A Certified Arthritis Foundation Program Leader will teach the classes.

### Balance Class

"A Matter of Balance" is a series of classes to help anyone who has concerns about falling. Many older adults experience concerns about falling and restrict their activities. "A Matter of Balance," is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls.

#### Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

#### Who should attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

### Fibromyalgia Self-Management Education Class

This class is a group health education program designed specifically for people with fibromyalgia and related diseases. Learning elements are carefully crafted to provide participants with the skills, confidence and knowledge they need to take a more active role in their care.

#### Long Term Benefits from class participation:

- Improved knowledge about fibromyalgia and its management
- Effective in improving physical and emotional functions associated with fibromyalgia
- Complements the care provided by the participants health care team
- A heightened belief in self-help strategies for fibromyalgia

Call McLaren's Wellness Program at **(810) 342-5558** for class fees, dates, times, and locations.

## Connection

*A monthly publication for employees and friends of McLaren Regional Medical Center.*

*Donald Kooy,  
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McLaren Regional  
Medical Center*

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