

IN GOOD HEALTH

Summer 2016

2 > **Lung Cancer Screenings**
Now part of comprehensive cancer care at McLaren Port Huron

3-4 > **Foundation News & Notes:**
Join us for the 4th Annual Signature Cocktail Contest

7-8 > **Karmanos Cancer Institute**
Poised to begin operations

10 > **Little Black Dress**
Donation helps cancer patients



Don't miss our
summer events



PORT HURON

President's Message

From the Desk of Jennifer Montgomery



At McLaren Port Huron, excellence is about the constant pursuit of best practices. Each year, we set strategic objectives as part of our dedication to providing the highest quality care and safest environment for our patients.

While we have been sharing much about our \$162 million construction project, Rising to New Heights, I wanted to take the opportunity in this edition to talk about a designation and verification process that will allow McLaren Port Huron to offer distinguished care for traumatic injuries.

Later this fall, we anticipate earning verification as a Level III Trauma Center from the American College of Surgeons. As part of this two-year verification process, we have ramped up our trauma care capabilities and have been treating patients using trauma center guidelines. With Level III verification, we will be better able to treat patients involved in serious falls, motor vehicle accidents, animal bites, and assault injuries, decreasing the need to transfer them to a hospital out of the area.

Additionally, we also expect to earn state trauma designation from the Michigan Department of Health and Human Services later this summer.

This designation and the Level III verification will give us capabilities to competently care for a wider range of serious emergencies. It means exceeding national standards for trauma care staffing, injury prevention, and quality improvement. When EMS calls, our trauma team is activated and ready to provide the best available care when the ambulance arrives.

Coupled with the opening of the new Barbara Ann Karmanos Cancer Center in July, we are advancing to meet the growing health care needs of our community. We do it because providing the highest quality patient care experience has always been at the core of what we do.

Jennifer Montgomery, MSA, RN, FACHE
President and Chief Executive Officer
McLaren Port Huron

Top traumas seen at McLaren Port Huron:



Early Detection for Lung Cancer



If you currently smoke or ever were a heavy smoker, your chances of developing lung cancer are 25 times higher than a non-smoker. But if you do develop lung cancer, your chances of successful treatment and survival are much higher if the cancer is found early.

McLaren Port Huron is now offering low-dose CT scans for lung cancer screenings. This test helps detect lung cancer in its earliest stages in those who are considered high risk. It's a CT image of your lungs, using a lower amount of radiation than standard CT scans.

"As part of our expansion of comprehensive cancer services at McLaren Port Huron, we want to bring every opportunity for our patients to have advanced screening, diagnostics, and treatment for cancer," says Dr. Michael Tawney, Vice President of Medical Affairs at McLaren Port Huron. "Lung cancer screening is particularly important for the local community, because St. Clair County has a higher rate of smokers than both the Michigan and U.S. averages."

An order from your physician is required to schedule the screening. To receive an order for the screening, patients must meet with their physician to discuss potential risks, benefits, further work-up, and annual follow-up as a result of the low-dose CT scan. Talk with your doctor to see if you are a candidate for this screening.

Low-dose lung cancer screening is covered by Medicare and some private insurance plans. Check with your insurance plan to see if the cost of the test will be covered.

Low-dose CT Lung Screening

You might be a candidate for the test if you:

- are between the ages of 55 and 77
- have no signs or symptoms of lung cancer
- are a current smoker or a former heavy smoker who has quit within the past 15 years
- have a 30+ pack-year tobacco smoking history (pack-years formula: number of years smoked x average number of packs per day = pack-years)
- have not have had a chest CT in the past 12 months

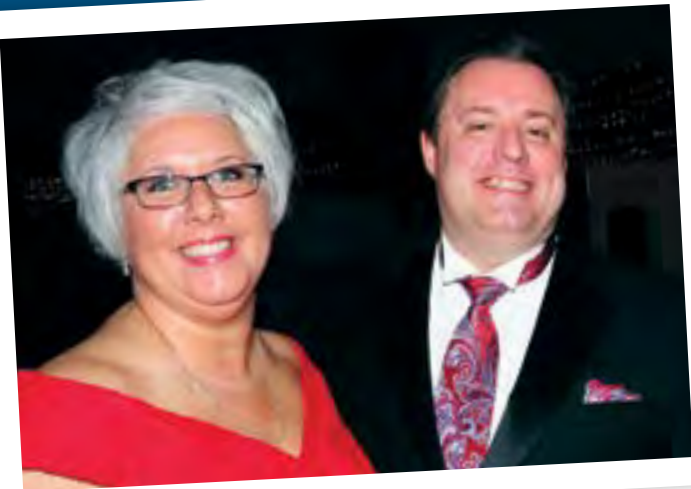
For more information about low-dose CT lung cancer screening, contact the Nurse Navigator office at (810) 987-5000, ext. 2090.





Donor Spotlight:

Erin and Paul Quirk



Erin joined the staff of McLaren Port Huron while completing her nursing degree at SC4. Since becoming an RN, she has been working as a nurse on the Selective Care Unit.

Her husband, Paul, is stationed at the Blue Water Bridge with Customs and Border Protection. It was important to both of them to live and work in the community where they could serve their neighbors and make a difference.

Paul and Erin became Beacon Society members this year, and their contributions support the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron. Both Paul and Erin have lost parents to cancer.

In addition, Erin also contributes to the Employees That Care Club (ETC), which supports her work family when the need arises.

"We are so proud of the services McLaren Port Huron provides to our community and to be part of the Beacon Society and ETC," Erin says.

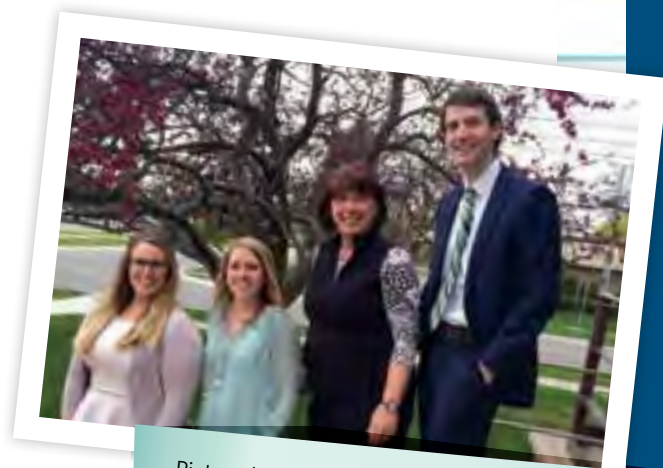
A Growing Team: McLaren Port Huron Foundation Welcomes New Board Members

The Foundation is pleased to welcome a group of passionate community members to the leadership team.

Riley Alley and Sarah Grewe will serve as Members at Large, Lucie DeLine has assumed the role of Festival of Trees Chairman, and Evan Wilkins will serve as the Foundation's Treasurer.

The Foundation Board is an important component to the success of the \$5 million Rising to New Heights capital campaign, which supports the expansion and renovation of the hospital campus.

"It's an exciting time to be part of the hospital," Grewe stated. "I'm passionate about this community and what it has to offer, and McLaren Port Huron is a major contributor to our region's growth and vitality."



Pictured Left to Right: Sarah Grewe, Riley Alley, Lucie DeLine, Evan Wilkins



Helmet Safety Update

The McLaren Port Huron Foundation Helmet Safety Committee works to help children be safe when riding bicycles by taking its helmet safety program to school children in St. Clair and Sanilac Counties. The program provides education and hands-on activities to encourage helmet safety.

This year preparations began in January with a logo contest. Elementary school children in St. Clair and Sanilac Counties were asked to design a logo and slogan to be featured on the 2016 Helmet Safety Month t-shirt. Ella, who attends Morton Elementary in Marysville, was chosen as this year's winner, with her slogan "Your Safety is in Your Hands."

In April and May, Helmet Safety Committee volunteers brought their message to thousands of school children throughout St. Clair and Sanilac Counties. Activities included bike rodeos, videos, free helmets, helmet fitting demonstrations, helmet decorating, educational activities, and bike safety giveaways.

CONTEST

Signature Cocktail

4th Annual Signature Cocktail Contest.

Thursday, September 22, 2016

Black River Country Club from 5:30-8 p.m.

Featuring Mixologists [bartenders] from local establishments who will create delicious cocktail concoctions.

Cash bar will be available.

Entertainment by:



Tickets: \$25 each *Limited Availability*

Purchase at (810) 989-3776 or online at www.mclaren.org/phcocktail



20
16

SUMMER

Registration is required for all programs, unless stated otherwise. Register online at www.mclaren.org/phevents, or call HealthAccess at (810) 989-3199 or (800) 228-1484 with credit card information. Refunds cannot be given unless there is 48-hour notice or McLaren Port Huron cancels the program.

Programs

Bariatric Informational Seminars

Upcoming seminar dates and information on surgery options and the surgeons are listed at www.mclaren.org/phbariatric.

McLaren Port Huron Duffy Classrooms

Cost: Free

Building a Healthy Future with Diabetes Workshops

Learn to manage diabetes in this one-day, four-hour workshop. Registration and a physician order are required.

Call (810) 989-3362 to register.

July 6, September 7; 8 a.m. - noon

August 3; Noon - 4 p.m.

McLaren Port Huron Diabetes Education Classroom, Wismer 3rd Floor

Cost: Varies

"No Butts About It" Smoking Cessation for Adults

Learn strategies and tips to help you quit smoking for good!

July 11, September 23; 2 - 3 p.m.

August 10; 10 - 11 a.m.

55 Plus, McLaren Port Huron

Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

Savvy Seniors Series

Series 2: Health & Fitness: Mind, Body, and Spirit

➤ Let's Get Moving

Learn about the health benefits of exercise and some practical tips to incorporate exercise into everyday activities.

July 14; 1 - 2:30 p.m.

55 Plus, McLaren Port Huron

Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

➤ Lunch & Learn: Mindfulness and Well-Being

Learn techniques and exercises to strengthen your mindfulness. Lunch is included.

August 12; 11:30 a.m. - 1 p.m.

McLaren Port Huron Duffy Classrooms

Cost: Free

➤ Get Tech Savvy

An introduction to the Internet and basic technology. Participants can bring a tablet or smartphone.

September 8; 1 - 2:30 p.m.

55 Plus, McLaren Port Huron

Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

Coping with Grief and Loss

A 6-week support group for those struggling with any type of loss, grief, or trauma.

Registration required.

Call (810) 984-5156 to register.

Tuesdays, July 19 - August 23; 6 - 7 p.m.

McLaren Port Huron

Outpatient Counseling

1209 Richardson St., Port Huron

Cost: Varies

Dementia Conversations

Learn tips and strategies for having successful conversations about driving, doctor visits, and legal and financial planning.

July 20; 11 a.m. - noon

55 Plus, McLaren Port Huron

Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

Lunch & Learn: Creative Arts Day

Learn about the benefits of integrating creative art therapies while participating in music and art therapy sessions. A boxed lunch will be served.

July 28; 11:30 a.m. - 1 p.m.

Marwood Nursing & Rehab

1300 Beard St., Port Huron

Cost: Free

Joint Connections Seminar

Learn about the causes of knee and hip pain and the various treatment options available. Presented by McLaren Port Huron physical therapist Kurt Brinker and orthopedic surgeon Dr. Rajesh Makim.

August 24; 5:30 - 6:30 p.m.

McLaren Port Huron Duffy Classrooms

Cost: Free

Coping with Chronic Medical Conditions

A 6-week support group for those struggling with a chronic medical condition. Registration required.

Call (810) 984-5156 to register.

Tuesdays, August 30 - October 4; 6 - 7 p.m.

McLaren Port Huron

Outpatient Counseling

1209 Richardson St., Port Huron

Cost: Varies

New to Medicare?

Information will be provided regarding Medicare eligibility and coverage, enrollment, fraud prevention, and information for selecting supplemental and prescription insurance.

September 14; 10 - 11:30 a.m.

55 Plus, McLaren Port Huron

Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

Relax, Refresh & Renew: A Night for You!

Join us for a women's evening to learn new ways to manage stress and revitalize your mind and body with licensed massage therapist Kim Older. Light refreshments will be served.

September 29; 5:30 - 7 p.m.

McLaren Port Huron Duffy Classrooms

Cost: \$7; \$5 for Women's Wellness

Place members

Childbirth Education

Several courses are offered for Childbirth Education. For more information or to register for the following classes, call HealthAccess at (800) 228-1484.

Childbirth Education Series

July 5, 11, 18 & 25; August 1, 8, 15 & 22; September 6, 12, 19 & 26; 6:30 - 8:30 p.m.

Saturday Express

July 9, August 6, September 10; 8:30 a.m. - 3:30 p.m.

Breastfeeding

July 23, September 17; 10 a.m. - noon

NEW! Online Childbirth

Education Classes

Call Health Access to register or for more information.

Screenings Offered by 55 Plus



Blood Pressure Screenings

July 13, August 3, September 7; 8:30 - 10 a.m.

McLaren Port Huron Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

Foot Screenings*

August 12; 9 a.m. - noon

McLaren Port Huron Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

Hearing Screenings*

July 13, September 14; 12:30 - 3 p.m.

McLaren Port Huron Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

*Appointment required.

Support Groups

Alzheimer's Support Group

July 26, August 23, September 27; 1 - 2:30 p.m.

McLaren Port Huron Jefferson Building

1320 Washington Ave., Port Huron

Bariatric Surgery Support Group

July 19, August 16, September 20; 6:30 - 8 p.m.

McLaren Port Huron Duffy Classrooms

Cancer Support Group for Women

July 12, August 9, September 13; 6 - 7:30 p.m.

McLaren Port Huron Women's

Wellness Place

Depression and Bipolar Support Alliance

July 14 & 28; August 11 & 25; September 8 & 22; 6:30 - 8 p.m.

McLaren Port Huron North Classroom

Diabetes Support Group

July 19; 10 - 11 a.m.

McLaren Port Huron Diabetes

Education Classroom,

Wisner 3rd Floor

Heart Support Group

July 20, August 17, September 21; 5:30 - 7 p.m.

McLaren Port Huron Duffy Classrooms

Look Good...Feel Better

July 28, September 22; 1 - 3 p.m.

August 25; 6 - 8 p.m.

McLaren Port Huron Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

Multiple Sclerosis Support Group

July 9, August 13, September 10;

10 a.m. - noon

McLaren Port Huron North Classroom

Parkinson's Support Group

September 7; 2 - 3:30 p.m.

McLaren Port Huron Jefferson Building

1320 Washington Ave., Port Huron

Stroke Survivors' Support Group

July 6 & 20; August 3 & 17;

September 7 & 21; 10 - 11 a.m.

McLaren Port Huron Gathering Place



Karmanos Cancer Institute:

➤ Better Treatments.
Better Outcomes.



New Karmanos Cancer Institute Opens at McLaren Port Huron

In just a few short weeks, the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron will open its doors to the Blue Water community. This new, 15,000-square-foot facility will provide the most advanced and comprehensive oncology services to cancer patients, including chemotherapy and radiation therapy, all conveniently located under one roof. After the Emergency Center relocates to the new patient tower in 2018, the Karmanos Cancer Center will expand into that space to offer 35,000 square feet with 22 private infusion bays.

Recognized Nationally for Quality

While most people are familiar with the Karmanos name, you may have wondered what distinguishes Karmanos from other cancer facilities. Karmanos is one of only two cancer centers in Michigan and only 45 in the United States to earn designation from the National Cancer Institute (NCI). NCI designation involves a stringent review process for quality and outcomes for cancer treatment. Karmanos is the only cancer hospital in the state and the second largest in the country.





Ask for Better at Karmanos Cancer Institute

Asking for better gives patients access to a team of experts, new treatments, technology, and clinical trials – all proven to deliver better outcomes. If you or a loved one has been diagnosed with cancer or if you have a concern about a possible diagnosis, make an appointment at Karmanos. Visit www.mclaren.org/phcancer to learn more about Karmanos' newest location in Port Huron.

The only facility to offer comprehensive cancer services in the region

Karmanos' Distinctions:

- ***The Right Plan for Each Patient***
The Karmanos clinical team designs care plans based on each patient's individual condition and needs. There is no "standard" care plan.
- ***All Karmanos Doctors and Staff Meet the Highest of Standards***
At all Karmanos centers, doctors, nurses, social workers, and therapists must meet a certain set of guidelines. Stringent review processes ensure the highest of standards are met.
- ***Karmanos Patients Gain New Treatment Options by Participating in Clinical Trials***
Progress in the fight against cancer is often made through clinical trials. This kind of advanced research creates new alternatives for care and targeting treatments in a scientific way. In many cases, there may not be another solution outside of trials. Karmanos offers more than 800 clinical trials.
- ***Access to Tumor Boards Raises Cancer Care to a New Level***
Five specific tumor boards are hosted at Karmanos in Detroit. Cases may be presented at any time, enabling second opinions from subspecialists within days.
- ***Genetic Counseling Leads to Advanced, Targeted Treatment Plans***
We talk through all of the aspects of genetic counseling and testing to develop a targeted treatment plan.
- ***Karmanos is a Leader in Life-saving Bone Marrow Transplants***
The Karmanos bone marrow transplant program is the nation's largest and best in class. For the last three years, Karmanos has been among the top six in the country in bone marrow transplant survival rates.
- ***Access to Proton Beam Therapy***
McLaren Port Huron patients will be able to benefit from proton beam therapy, which precisely targets moving tumors. Proton beam therapy will be available at McLaren Flint soon.



Stress Affects ▶ More Than Your Mind

Suffering from stress can put a strain on your health – both mental and physical. How each person experiences and deals with stress is very individual, but symptoms usually include fatigue, mood swings, headaches, sickness, depression, and changes in weight.

Initially, stress can make you have less of an appetite, so you may lose weight. But long-term, chronic stress can actually boost your hunger and cause weight gain. When your brain reaches a certain stress level, it thinks you've used calories to deal with your stress (even though you haven't) and cues you to eat more. Another reason for weight gain is related to the "stress hormone" cortisol. An increase in your cortisol levels causes your insulin levels to rise and your blood sugar to drop – making you crave sugary, fatty foods.

If you think stress has caused you to gain weight or plateau on your weight loss, it's important to learn how to manage stress wisely. It's not always possible to resolve all of the reasons you are feeling stressed, but there are ways to cope:


- ▶ **Continue to eat healthy.** Fight the urge to overeat or indulge in junk food and sweets. Stick with your regular diet of healthy, well-balanced meals. Overeating and weight gain will just cause additional stress in your life.
- ▶ **Exercise regularly.** Exercising releases endorphins that make you feel happy and relaxed. Just be careful to not overdo it, as high-intensity workouts can raise cortisol levels even further.

- ▶ **Try meditation, yoga, or other mindfulness practices.** These can help clear your mind and curb comfort-food impulses.

- ▶ **Get support from family and friends.** Lean on those close to you for extra support when you need it. Talking about the stressors in your life can help relieve some of your burden.

- ▶ **Set time aside for yourself.** Be mindful of taking time for yourself and your favorite hobbies every day. Reading, listening to or playing music, journaling, drawing – these are all good activities to help quiet your mind and refocus your thoughts.

- ▶ **Get plenty of sleep.** Try not to let stress keep you up at night. Adopt a nightly ritual, such as a calming cup of tea, to help you relax and prepare for a good night's sleep. Not getting enough sleep can affect your appetite controls and lead to overeating.



If you are struggling with stress and weight loss, McLaren Port Huron Outpatient Counseling can help. Counselors can create a unique treatment plan to help you achieve long term weight loss success. Call **(810) 984-5156** for more information.

Little Black Dress Event

› Celebrates 10th Anniversary

Following the death of Betty Kearns from breast cancer, her family wanted to do something in her memory to help other cancer patients and survivors. The result was the Betty Kearns Little Black Dress Event, a fundraiser that benefits local cancer services. Both local hospital auxiliaries recently joined the Kearns family to help coordinate the event. This year's fundraiser took place at the Blue Water Convention Center with approximately 700 people in attendance. Following the event, the Kearns family presented McLaren Port Huron with a \$12,500 donation to benefit cancer services at the hospital.



L-R: President & CEO Jennifer Montgomery, Foundation Director Lynn Griffor, Auxiliary President Dean Billings, Carolyn Kearns-Bonacci, and Debbie Reynolds

Couscous & Fruit Salad



- 2 T extra-virgin olive oil
- 2 T orange juice
- 1 T cider vinegar
- 2 t finely chopped shallots
- ¼ t salt
- ¼ t freshly ground pepper
- 2 c cooked whole-wheat couscous
- 1 c chopped nectarine
- 1 c mixed fresh berries, such as blueberries and raspberries
- 2 T toasted sliced almonds (see Tip)

- 1 Whisk oil, orange juice, vinegar, shallots, salt and pepper in a large bowl.
- 2 Add cooked couscous, nectarines, berries and almonds; gently toss to combine.

Tip: To toast sliced almonds, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.

Makes 4 servings, about ¾ c each. Per serving: 259 calories; 9 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 40 g carbohydrate; 7 g protein; 7 g fiber; 146 mg sodium; 116 mg potassium. Nutrition bonus: Vitamin C (20% daily value).



PORT HURON

1221 Pine Grove Avenue
Port Huron, MI 48060

NON-PROFIT ORG
U.S. POSTAGE
PAID
IMAGEWORKS
53719

"In Good Health"

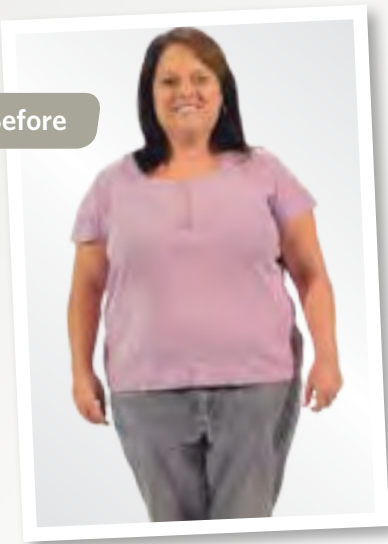
is published quarterly by the Marketing Department at McLaren Port Huron. It is designed to provide readers with the latest, most accurate information regarding health and hospital news and events. If you would like to receive this publication, email contactus@porthuronhospital.org. We value and respect your privacy. If you wish to be removed from the mailing list, please visit www.mclaren.org/phoptout and complete the form.

- > Facebook: [McLarenPortHuron](#)
- > Twitter: [@McLarenPH](#)
- > YouTube: [PHHTodaysHealth](#) channel



Follow my Journey

Before



Overweight most of her life, Rebecca suffered from migraines, ankle problems, borderline diabetes and high blood pressure. She found it difficult to keep up with her four very active young sons.

Rebecca made the life-changing decision to have weight loss surgery at McLaren Port Huron Bariatric Center of Michigan. Every day she is grateful for her decision and would do it again.

Start your journey, attend one of our FREE seminars! Learn more about procedures at the Bariatric Center of Michigan and FREE seminar dates by going to mclaren.org/phbariatric.



↓89 22 mo After



PORT HURON