

IN GOOD HEALTH

Spring 2016

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PORT HURON

President's Message

A Milestone Year for Growth and Expansion

From the Desk of Jennifer Montgomery



For many years, the community has been able to rely on the high quality, compassionate care at McLaren Port Huron. Now, the hospital is undergoing a major expansion effort that promises to secure access to first-class care in our community. I'm honored to have the opportunity to deliver on this promise.

In December 2015, after serving as vice president of nursing and clinical services, the McLaren Port Huron Board of Trustees appointed me as president and chief executive officer. I plan to continue to raise the bar on the hospital's quality of care and financial performance.

Every day, hospital administrators across the country strive to deliver the best in health care. I believe my clinical expertise as a registered nurse, coupled with years of administrative responsibilities in my role as vice president of nursing and clinical services, will help shape and redefine the ways we see the intrinsic links between safety, quality and affordability.

In the next few months, we will begin the groundbreaking for a four-story patient tower and the new Barbara Ann Karmanos Cancer Institute will open to provide nationally renowned cancer services here in our community. This \$162 million investment represents the next step in providing our community with the very latest clinical services and technology, while providing greater privacy and comfort for our patients and their families.

I am excited to lead our hospital and serve our community. Thank you for your continued support of McLaren Port Huron.

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



Project Timeline: Karmanos Cancer Institute Construction

The steel structure was erected.



December
2015

The first floor is prepared prior to pouring the concrete floors.



January
2016

Work continues on the area of the roof that will house the mechanical systems.



February
2016

Community Outreach & EDUCATION

Helmet Safety Committee Takes Message on the Road

Wearing a helmet is the single-most effective way to prevent head injuries resulting from a bicycle crash. Statistics provided by the McLaren Port Huron trauma program and St. Clair County Health Department show the number of school-age children in St. Clair County who wear helmets while bicycling is very low.

The McLaren Port Huron Foundation Helmet Safety Committee works to help children be safe when riding bicycles through its Helmet Safety Program. Every May, Helmet Safety Committee volunteers visit schools throughout St. Clair and southern Sanilac counties to bring their message of helmet safety to thousands of local school children. The program provides education and hands-on activities that encourage helmet safety. Activities include bike rodeos, videos, helmet fitting demonstrations and assemblies with professional bicycle stunt teams.

"The more we know about the effects of not wearing a helmet and can see the statistics, the more we can help the community," says Careena DeMull-Hillard, McLaren Port Huron Foundation Community Health Team Representative.

The Helmet Safety program also provides Snell® certified helmets for purchase. Helmets cost \$5 and are available at the McLaren Port Huron Foundation office, 1201 Stone Street, Monday through Friday, 8 a.m. – 4:30 p.m. Staff fit the helmets and explain how the helmet should be worn. For more information, call (810) 989-3776.

Only 10% of school-age children seen in the emergency room for bicycle-related injuries were wearing a helmet at the time of their accident. Approximately 90% of students in grades 7-11 do not wear helmets when riding a bicycle.




Savvy Seniors Series Kicks off in April

McLaren Port Huron is partnering with Marwood Nursing and Rehab and other resources in our community to offer a new enrichment series focused on enhancing the quality of life for seniors. The Savvy Seniors Series will offer educational opportunities and recreational programs that benefit seniors in any stage of life.

The first Savvy Seniors Series will take place in April, May and June. The spring theme is Finding the Best You...from Today On! Programs will focus on inspiration, exploration and new opportunities through art, music and hobbies.

Learn more about the programs offered in the Savvy Seniors Series by viewing the calendar listings on pages 5-6 or visiting www.mclaren.org/phevents.





Managing Stress is ESSENTIAL

Stress can have an effect on your health – mental, emotional and even physical. It's important to learn healthy ways for dealing with stress to not only improve your daily life but to also reduce the risk of long-term complications like chronic headaches or stomachaches, cardiovascular risks, a weakened immune system and longer recovery times from illnesses.

One effective way to deal with stress is through aromatherapy. Essential oils used in aromatherapy can deliver the healing properties of medicinal plants in a direct and concentrated form. There are 50 million smell receptors inside your nasal cavity, which connects to your brain's limbic system – an area responsible for emotions and memory.

Essential oils are made up of the naturally occurring chemicals produced in plants through photosynthesis. You can use essential oils in a number of ways to experience benefits including reduced stress, increased relaxation, more focus and better sleep.

- Add to skincare products like lotions and soaps.
- Place a few drops on a pillowcase, scarf or handkerchief.
- Use with a diffuser or humidifier to fragrance a room.
- Add to your bath for a soothing soak.
- Ask your massage therapist to incorporate essential oils into your massage.

McLaren Port Huron's licensed massage therapist Kim Older uses essential oils to provide an added level of relaxation and healing for her clients.

"I incorporate oils into my massage sessions because people really enjoy the scent and there is an added benefit that oils bring that can be uplifting or relaxing," says Older. "There are so many options out there that there is something for everyone."

Essential oils and diffusers are also available at McLaren Port Huron Women's Market Place. The Market Place, located in Women's Wellness Place on the first floor of the John F. Wismer Health Center, is open Monday – Friday, 7 a.m. – 5 p.m.



Stay on Your Weight Loss Journey Successful

Bariatric surgery is a wonderful tool that can help you reach a healthy body weight. However, continued success after surgery requires choosing healthy habits on a consistent basis. The best way to shed unwanted pounds and keep them off is to make a lifetime commitment to healthy eating, exercise and behavior modification.

Committing to the following will help ensure success in reaching your weight loss goals:

- **Exercise on a regular basis.** Exercise has many benefits besides burning calories, including improving mood and boosting energy levels. A great way to start your exercise habit is with walking. Then, gradually add other activities to your exercise routine.
- **Keep a food journal.** A food journal allows you to track exactly what you are eating. Reviewing the journal will allow you to view eating trends, such as calorie intake, and make changes to stay on track with your weight loss goals.
- **Plan your meals in advance.** It's easier to make healthy selections when you are prepared and have healthy items in your pantry and refrigerator. Choose healthy recipes for the week and make a list of items you will need before shopping. At the grocery store, stick to the items on your list. When eating your meal, begin by eating proteins first, then vegetables and fruits, and whole grains last.
- **Connect with fellow bariatric individuals to stay motivated.** Attending a support group on a regular basis is a great way to connect with others who have experienced bariatric surgery. A support group can provide ideas, encouragement and motivation to reach weight loss goals. McLaren Port Huron's Bariatric Surgery Support Group meets 6:30 - 8 p.m., the third Tuesday of every month, in the Duffy Classrooms.
- **Daily supplementation.** Vitamin supplements, as ordered by your bariatric physician, are needed daily for the rest of your life to maintain good health. Following surgery, you should follow up with your bariatric physician and have your vitamin levels checked at least once per year.



Ingredients

- 1 Tbsp. vegetable oil
- 2 small chicken breast halves, skinned, fat removed, boned, and cut into 1-inch pieces
- 1 small eggplant, peeled and cut into 1-inch cubes
- 1 medium onion, thinly sliced
- 1 medium green pepper, cut into 1-inch pieces
- ½ pound fresh mushrooms, sliced
- 1 (8 oz) can whole tomatoes, cut up
- 1 clove garlic, minced
- 1 ½ Tsp. dried basil, crushed
- 1 Tbsp. fresh parsley, minced

Black pepper to taste

➊ Heat oil in large non-stick skillet. Add chicken and sauté for about three minutes per side or until lightly browned.

➋ Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook for 15 minutes stirring occasionally. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about five minutes, or until chicken is tender.

Yields: Two servings

Each serving provides: 133 calories, 4 grams total fat, 1 gram saturated fat, 33 mg cholesterol, 127 mg sodium, 3 grams fiber, 15 grams protein, 11 grams carbohydrate and 574 mg potassium.



2016



SPRING

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.

April 6, June 1; 12 p.m. – 4 p.m.

May 4; 8 a.m. – 12 p.m.

McLaren Port Huron Diabetes Education Classroom, Wismer 3rd Floor

Cost: Varies

Savvy Seniors Series

A new educational series focused on enhancing the quality of life for seniors.

Series 1: Finding the Best You... from Today On!

➤ **Staying Motivated and Inspired in Today's World**

April 14; 11:30 a.m. – 1 p.m.

Marwood Nursing and Rehab
1300 Beard St., Port Huron

Cost: Free

➤ **Hobby Showcase**

May 12; 1 – 2:30 p.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

➤ **I Am Music: Embracing Your Identity Through Music**

June 7; 11:30 a.m. – 1 p.m.

Marwood Nursing and Rehab
1300 Beard St., Port Huron

Cost: Free

“No Butts About It” Smoking Cessation for Adults

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

April 15, June 17; 2 – 3 p.m.

May 23; 10 – 11 a.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

Lunch with the Doctor: Robotic Advances in Laparoscopic Surgery

Join Drs. Ahmad Ahad and Erina Kansakar to learn about the benefits of robotic-assisted surgery.

April 21; 11:30 a.m. – 1 p.m.

McLaren Port Huron Duffy Classrooms

Cost: Free

AARP Smart Driver Course

Refresh your driving skills to stay safe behind the wheel. Participants are welcome to bring a sack lunch. Pay at the door with a check made out to AARP.

May 5; 10 a.m. – 2 p.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: \$20; \$15 AARP members (must show AARP card for discount)

Skin Cancer Screening

Local dermatologists will examine areas of your skin and answer your skin cancer concerns. Appointment required.

May 11; 10 a.m. – 3 p.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

Joint Connections: Knee and Hip Replacement

Orthopedic surgeon Dr. Timothy Lukas and physical therapist Kurt Brinker discuss causes of knee and hip pain and treatment options.

May 16; 5:30 – 7 p.m.

McLaren Port Huron Duffy Classrooms

Cost: Free

Making Estate Planning Easy

Learn about resources and information available in the community to make estate planning easy. Sponsored by McLaren Port Huron Foundation.

May 17; 9:30 – 10:30 a.m.

McLaren Port Huron Duffy Classrooms

Cost: Free

Fall Risk Assessment

Participate in a free fall risk assessment. Learn how to be prepared if you do fall.

May 17; 2 - 4 p.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

Medicare 101

Learn about Medicare enrollment, supplemental insurance, Medicare fraud, and insurance updates.

May 19; 10 - 11:30 a.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

Lunch with the Doctor: Senior Prescription Drug Safety

St. Clair County Health Medical Officer Dr. Annette Mercatante discusses prescription drug safety.

June 27; 11:30 a.m. - 1 p.m.

McLaren Port Huron Duffy Classrooms

Cost: Free

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

April 4, 11, 18 & 25; May 2, 9, 16, & 23;
June 6, 13, 20 & 27; 6:30 - 8:30 p.m.

Saturday Express

April 9, May 7, June 4;
8:30 a.m. - 3:30 p.m.

Breastfeeding

May 14; 10 a.m. - noon

Deliver Me Smoke-Free

Call (810) 989-3432 for more information.

Screenings Offered by 55 Plus

Blood Pressure Screenings

April 13, May 4, June 1; 8:30 - 10 a.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

Foot Screenings*

April 15, June 17; 9 a.m. - noon

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

Hearing Screenings*

May 18; 12:30 - 3 p.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free



Lung Screenings*

April 26; 1:30 - 3 p.m.

McLaren Port Huron Duffy Classroom

Cost: Free

*Appointment required.

Support Groups

Alzheimer's Support Group

April 26, May 24, June 28;
1 - 2:30 p.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Bariatric Surgery Support Group

April 19, May 17, June 21; 6:30 - 8 p.m.

McLaren Port Huron Duffy Classrooms

Cancer Support Group for Women

April 12, May 10, June 14; 6 - 7:30 p.m.

McLaren Port Huron Women's
Wellness Place

Depression and Bipolar Support Alliance

April 14 & 28, May 12 & 26, June 9
& 23; 6:30 - 8 p.m.

McLaren Port Huron North Classroom

Diabetes Support Group

April 19; 10 - 11 a.m.

McLaren Port Huron Diabetes
Education Classroom,
Wismer 3rd Floor

Heart Support Group

April 20, May 18, June 15;
5:30 - 7 p.m.

McLaren Port Huron Duffy Classrooms

Look Good...Feel Better

April 28, June 23; 6 - 8 p.m.
May 26; 1 - 3 p.m.

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Cost: Free

Multiple Sclerosis Support Group

April 9, May 14, June 11; 10 a.m. - noon
McLaren Port Huron North Classroom

Parkinson's Support Group

April 13, May 4; 2 - 3:30 p.m.
June 1; Picnic at noon

McLaren Port Huron Jefferson Building
1320 Washington Ave., Port Huron

Stroke Survivors Support Group

April 6 & 20, May 4 & 18, June 1 & 15;
10 - 11 a.m.

McLaren Port Huron Gathering Place



Interested in a Surgery Consult?
NOW ACCEPTING NEW PATIENTS



Ahmad Ahad, MD
General Surgeon



Erina Kansakar, MD
General Surgeon

HOPE Surgical Services
1216 Washington Avenue
Port Huron, MI 48060
Phone: (810) 982-1111

Robotic-assisted Surgery for Hernia Repair Offers Many Advantages

Hernias are a common but often misunderstood condition. At McLaren Port Huron, we have the expertise and technology to provide our patients with options for treating and repairing hernias – including the most advanced surgical system to date.

What is a hernia?

A hernia happens when part of an internal organ or tissue bulges through a hole or weak area in the belly wall. Hernias are common and can occur in men, women and even children. The type of hernia you have depends on where it is and how it occurs:

- A ventral hernia occurs through a scar after surgery in the abdomen.
- An umbilical hernia occurs when fatty tissue or part of the bowel pushes through the abdomen close to the belly button.
- An inguinal occurs when part of the bowel squeezes through the lower abdomen into the groin (more common in men).

How does a hernia occur?

Usually, there is no obvious cause for a hernia. A combination of muscle weakness and straining, such as heavy lifting, may cause a hernia. Medical issues that increase pressure on the belly can also lead to a hernia, including constipation, chronic cough, cystic fibrosis, extra weight, fluid in the abdomen, poor nutrition and smoking. Some people are born with hernias or weak abdominal muscles or have a family history of hernia.

What are the symptoms of hernia?

There are usually no symptoms for a hernia. You may notice a bulge or swelling. However, you may feel pain while standing or straining when using the bathroom or lifting heavy objects.

How are hernias treated?

Your doctor may suggest lifestyle changes to ease your symptoms, but surgery is considered the only way to permanently fix a hernia. During a hernia repair surgery, the weakened abdominal wall tissue is secured and any holes are closed.

At McLaren Port Huron, we are proud to offer the da Vinci® Si™ Surgical System for minimally invasive repair of umbilical and inguinal hernias. The da Vinci system, commonly referred to as the da Vinci Robot, is the most technologically advanced surgical tool providing the most minimally invasive treatment alternative available in the United States.

With robotic precision, da Vinci allows a surgeon to perform extremely complex and delicate procedures with only tiny incisions. Small surgical tools and a camera are attached to the robotic system, which the doctor controls from the surgeon's counsel, offering:

- A 3D, high-definition, magnified view for full-depth perception
- More precise and controlled movements
- Better range of motion than the human wrist offers
- Complete control and vision

“All of these technological advantages translate to very real benefits for patients undergoing hernia repair surgery,” says McLaren Port Huron da Vinci Specialist Steve Schlitt. “Patients experience shorter hospitalization, faster recovery time, reduced pain and minimal scarring.”

General surgeons Ahmad Ahad, MD and Erina Kansakar, MD perform hernia repair surgery using the da Vinci system.

“Since starting hernia repair with the da Vinci system, we are seeing a lot of exceptional clinical outcomes,” says Dr. Ahad. Dr. Kansakar agrees. “It’s very beneficial to have this option for our patients.”

For more information about hernia repair using the da Vinci system, visit www.mclaren.org/phdavinci.



Building a Healthy Community

From the McLaren Port Huron Foundation Director

The work of the McLaren Port Huron Foundation often extends outside the walls of the hospital. Building a healthy community takes leadership, dedication and strong collaborative partners.

Working together with our community partners, we have been able to:

- Provide 425 free backpacks filled with school supplies to students in Capac and Yale, along with 10,000 pounds of food to 700 families
- Prepare the next generation of nurses by supporting the McLaren Port Huron Training Lab on the campus of St. Clair County Community College
- Provide over 500 books and blankets to our community's neediest families during the holidays
- Reach over 1,500 children through the Helmet Safety program and provide 310 free helmets

Thank you for your part in supporting our hospital, our patients and our community.



From left-right: Randy Maiers, President & CEO, St. Clair County Community Foundation; Lynn Griffor, Director, McLaren Port Huron Foundation; and Jody Skonieczny, Director of College Advancement, St. Clair County Community College.

The Marysville Vikings Hockey team raised over \$500 during their Pink Out game on February 11, to support expanded cancer services at McLaren Port Huron. The contribution will go into the Survivorship Fund, which helps local patients and families live with, through, and beyond a cancer diagnosis.

Seth Lewis, a Marysville High School senior and the team captain, started the fundraiser. It will become an annual event and an exciting part of the Marysville Vikings hockey season.

The Barbara Ann Karmanos Cancer Institute at McLaren Port Huron is scheduled to open this summer, providing local patients with a multi-disciplinary team of cancer specialists and access to life-saving clinical trials.

For information about how you can support local cancer programming, contact the McLaren Port Huron Foundation at (810) 989-3776.



Board Member Spotlight

Meet the Newest Foundation Board Member

Kevin Miller



The McLaren Port Huron Foundation is pleased to announce that Kevin Miller has joined the Board of Directors. Kevin is a graduate of Port Huron Northern High School, St. Clair County Community College, Bethel College and Wayne State University.

Kevin has a long history of serving the local community. He was a teacher and administrator in both Marysville and East China school districts and the superintendent of Croswell-Lexington Schools. He is currently the director of administrative services at St. Clair County Regional Educational Service Agency (RESA).

In addition to his leadership position with McLaren Port Huron Foundation, Kevin is vice-chairperson of the Metropolitan Planning Commission and serves on the YMCA and United Way boards.

Welcome, Kevin!

SAVE THE DATES

July 12, 2016

37TH ANNUAL CHARITY GOLF CLASSIC

Port Huron Golf Club

August 2, 2016

NATIONAL NIGHT OUT

Employee Courtyard

August 26, 2016

YALE /CAPAC BACKPACK GIVEAWAY

Capac Elementary

Fall 2016

MEN'S AND WOMEN'S HEALTH EVENTS

September 22, 2016

4TH ANNUAL SIGNATURE COCKTAIL CONTEST

Black River Country Club

October 2016

ANNUAL BEACON BUS TRIP

December 2, 2016

FESTIVAL OF TREES

Preview Party

December 3-4, 2016

FESTIVAL OF TREES

General Admission

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 **McLaren**

PORT HURON FOUNDATION



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Broadcast Yourself™

Ask about new 3D mammography technology.

Especially advantageous
for women who:

- Have dense breast tissue
- Have a breast concern
- Are at high risk for breast cancer
- Have a family history of breast cancer
- Are having their first mammogram

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PORT HURON