

# IN GOOD HEALTH

Fall 2016



PORT HURON

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# President's Message

## A Banner Year for Growth and Expansion to Serve Our Community's Needs

From the Desk of Jennifer Montgomery

If you've driven by McLaren Port Huron recently, you've noticed that the campus is undergoing significant change. We are "Rising to New Heights" to meet the growing health care needs of the Blue Water community.

In fact, the July opening of the Barbara Ann Karmanos Cancer Institute allows more cancer patients to receive treatment locally. The 15,000-square-foot cancer institute marks a breakthrough – a sophisticated new level of cancer services for the residents of St. Clair and Sanilac counties. The center provides access to state-of-the-art cancer trials and the latest cancer-fighting therapies.

On the south end of our campus a new, four-story, 165,000-square-foot structure is being built. For the duration of its construction, the hospital's main and south entrances are closed. Although patient and visitor parking has not changed, patients and visitors must enter the hospital through the Emergency Center entrance.

Despite the construction, we have taken important steps to ensure your needs will continue to be served, including:

- Free valet services
- All hospital entrances, exits and hallways are clearly marked with signage
- The information desk has been relocated to the waiting area inside the Emergency Center, and greeters and guides are available to personally assist you

When the new patient tower opens at the end of 2018, it will feature 72 private rooms, a new emergency center, an observation unit, an expanded intensive care unit and four new inpatient operating rooms. The tower will cap the hospital's commitment to bringing high-quality care in a modernized facility – with only the best amenities – to our community.

For now, construction means an extended but temporary and manageable change to McLaren Port Huron's access. Rest assured, though, that the highest quality care is here for you when you need it – and that will never change.

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



# Being Mortal

Planning for End-of-Life Care

If you thought you were dying, what would matter most? Seventy percent of Americans say they would prefer to die at home, but nearly seventy percent die in hospitals and institutions. Ninety percent of Americans know they should have conversations about end-of-life care, yet only thirty percent have done so.

McLaren Port Huron will host free community screenings of the documentary "Being Mortal" on November 1. The film underscores the importance of planning ahead and talking with family members about end-of-life decisions. The free screenings are made possible by a grant from the John and Wauna Harman Foundation, in partnership with the Hospice Foundation of America.

The film follows Dr. Atul Gawande as he shares stories from the people and families he encounters. When Dr. Gawande's own father is diagnosed with cancer, his search for answers about how best to care for the dying becomes a personal quest. The film sheds light on how a medical system focused on a cure often leaves out the sensitive conversations that need to happen so a patient's true wishes can be known and honored at the end.

After the screening, audience members will participate in a guided conversation on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences.

The goal of this conversation is to engage participants in a dialogue about advance care planning and sharing with loved ones and physicians what matters most to them at the end-of-life.

## Being Mortal Screenings:

**November 1**  
**2 - 4 p.m.**

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

**5:30 - 7:30 p.m.**

McLaren Port Huron  
Duffy Classrooms

**Cost: Free**

To register, visit  
[www.mclaren.org/phevents](http://www.mclaren.org/phevents)  
or call HealthAccess  
at **(800) 228-1484**.





# Outpatient Cardiac Rehabilitation:

## Take Action to Manage Your Heart Health



**D**iagnosis of a heart condition, such as heart failure, can be frightening. While heart failure is serious, lifestyle changes and proper medical treatment can improve the condition over time.

Regular physical exercise and activity help your heart and body become stronger and work more efficiently. Exercise also reduces your chances of future heart problems, including heart attack. Education and support can help you quit smoking, eat healthy, lose weight, manage stress and feel better about your health.

Direct causes of heart failure include coronary artery disease, heart attacks, high or low thyroid function, heart valve disease, HIV/AIDS, Lupus, a virus that has settled on the heart or some chemo therapies. Heart failure can also be familial or genetic, and the cause may be unknown in some patients.

“There are signs you can look for to determine if you may have heart failure, and if you suspect you do, you should see a physician immediately,” says Vernon Dencklau, DO, medical director of outpatient cardiac rehabilitation. “These include swelling of the feet, legs, hands or belly; inability to sleep without needing extra pillows; shortness of breath; or frequently feeling extremely tired. Most people think these signs are part of the normal aging process, but they’re not.”

McLaren Port Huron has provided advanced cardiac diagnosis and treatment for years, including cardiac surgery and electrophysiology, interventional cardiology, diagnostic testing and inpatient cardiac rehabilitation. Recently, we’ve added outpatient cardiac rehabilitation to our list of services.

Cardiac rehab is an individualized program that helps you recover from cardiac events such as heart surgery, heart attack, angioplasty, left ventricular assist device implementation and heart transplant after you are discharged from the hospital. It also combats some of the effects of heart failure and stable angina. Cardiac rehab increases physical fitness, reduces cardiac symptoms, improves health and reduces the risk of future heart problems, including heart attack.

Cardiac rehab provides education, monitored exercise, guidance and support to help you manage your heart condition and return to normal activities. You will undergo a clinical evaluation to determine a safe, personalized exercise program that fits your needs. Exercise takes place in a group setting where vital signs such as blood pressure, heart rate, EKG and blood oxygen levels are monitored. You will also participate in an educational series that can help you understand your condition and how to manage it and lifestyle changes you can make for optimal health. The medical professionals who supervise the program communicate with your cardiologist, primary or referring physician to inform him or her of your progress following your cardiac event.

The cardiac rehab program at McLaren Port Huron is supervised by a physician and a certified exercise physiologist who are trained in cardiac rehabilitation. Lead Exercise Physiologist Stacey Dimmer, MS, CEP, brings more than 27 years of experience to the program.

“Taking an active role in your care will help you enjoy a healthier future. By following your exercise plan, making lifestyle changes and taking your medications, you can reduce future problems and react quickly to new or worsening symptoms.”

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Outpatient cardiac rehab is offered at the McLaren Port Huron Physical Therapy office - 3504 Pine Grove Avenue, Port Huron. For more information, call (810) 385-5531 or visit [www.mclaren.org/phheart](http://www.mclaren.org/phheart).

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FALL

Registration is required for all programs, unless stated otherwise. Register online at [www.mclaren.org/phevents](http://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

Learn about the various procedures offered at the Bariatric Center of Michigan. Seminar dates, surgeon information and surgery options are listed at [www.mclaren.org/phbariatric](http://www.mclaren.org/phbariatric).

McLaren Port Huron Duffy Classrooms

Cost: Free

### "No Butts About It" Smoking Cessation for Adults

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

October 4, December 6; 2 - 3 p.m.

November 9; 10 - 11 a.m.

55 Plus, McLaren Port Huron

Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

### Building a Healthy Future with Diabetes Workshops

Learn to control diabetes by managing nutritional needs, exercise, and medications. Registration and a physician order required.

Call (810) 989-3362 to register.

October 5, December 7; 12 - 4 p.m.

November 2; 8 a.m. - 12 p.m.

McLaren Port Huron Diabetes

Education Classroom, Wismer 3rd Floor

Cost: Varies

### Fall Risk Assessment

Participate in a free fall risk assessment.

Learn how to prevent falls and be prepared if you do fall.

October 11; 2 - 4 p.m.

55 Plus, McLaren Port Huron

Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

### Supporting a Loved One Experiencing Addiction

A support group for loved ones of those struggling with drug and/or alcohol addiction. Registration required.

Call (810) 984-5156 to register.

Tuesdays, October 11 -

November 15; 6 - 7 p.m.

McLaren Port Huron

Outpatient Counseling,

1209 Richardson St., Port Huron

Cost: Varies

### 13th Annual Breast Cancer Survivor Celebration

Enjoy a breakfast buffet, door prizes, vendors (cash & carry) and a program featuring Maureen "Mo" Meldrum, a 25-year survivor and recipient of the Karmanos Cancer Institute Hope Award. Registration required by September 30.

October 15; 10 a.m. - 12 p.m.

(doors open at 9:45 a.m.)

Solitude Links Golf Course &

Banquet Center

5810 Flinchbaugh Rd., Kimball

Cost: \$15

### Medicare Counseling: Open Enrollment

Make an appointment with a certified Medicare counselor to review your choices for health and drug coverage.

October 18; November 15; December 1;

9 a.m., 10 a.m., 11 a.m., 1 p.m., 2 p.m., 3 p.m.

55 Plus, McLaren Port Huron

Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

### Shoulder Seminar

Learn about the causes of shoulder pain and treatment options available with Dr. Todd Murphy.

October 20; 5:30 - 6:30 p.m.

McLaren Port Huron Duffy Classrooms

Cost: Free

### Savvy Seniors Series

Series 3: Healthy Mind: Preventing Memory Loss

➤ **Lunch & Learn: Healthy Living for Your Brain and Body**

Learn how lifestyle choices can keep your brain and body healthy as you age. Lunch is included.

October 3; 11:30 a.m. - 1 p.m.

McLaren Port Huron Duffy Classrooms

Cost: Free

➤ **Healthy Eating for a Healthy Brain**

Enjoy a cooking demonstration while learning how nutrition can keep your brain healthy.

November 15; 1 - 2:30 p.m.

Marwood Nursing & Rehab

1300 Beard St., Port Huron

Cost: Free

### ➤ Brain Games

Learn more about keeping your brain active and play some brain games!

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

55 Plus, McLaren Port Huron

Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

### Lunch with the Doctor: Let's Talk Trauma

Join Dr. Zubin Bhesania to learn about McLaren Port Huron's recent designation as a Level III trauma center.

November 3; 11:30 a.m. - 1 p.m.

McLaren Port Huron Duffy Classrooms

Cost: Free

### Coping with Stress During the Holiday Season

A six-week educational group for those who experience significant or elevated stress during the holidays. Registration required. Call (810) 984-5156 to register.

Tuesdays, November 22 -

December 27; 6 - 7 p.m.

McLaren Port Huron

Outpatient Counseling

1209 Richardson St., Port Huron

Cost: Varies

### Joint Connections Seminar

Learn about the causes of knee and hip pain and the various treatment options available with physical therapist Kurt Brinker and orthopedic surgeon Dr. Timothy Lukas.

December 6; 5:30 - 6:30 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.

## Screenings Offered by 55 Plus

### Blood Pressure Screenings

October 5, November 2,

December 7; 8:30 - 10 a.m.

McLaren Port Huron Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

### Foot Screenings\*

October 14, December 9;

9 a.m. - 12 p.m.

McLaren Port Huron Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

### Lung Screening PFTs\*

November 8; 2 - 3:30 p.m.

McLaren Port Huron Jefferson Building

1320 Washington Ave., Port Huron

Cost: Free

### Hearing Screenings\*

November 9; 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

October 25, November 22;

1 - 2:30 p.m.

McLaren Port Huron Jefferson Building

1320 Washington Ave., Port Huron

### Heart to Heart Support Group

October 19, November 16,

December 21; 5:30 - 7 p.m.

McLaren Port Huron Duffy Classrooms

### Look Good... Feel Better

October 27; 6 - 8 p.m.

November 17; 1 - 3 p.m.

McLaren Port Huron Jefferson Building

1320 Washington Ave., Port Huron

### Bariatric Surgery Support Group

October 18, November 15,

December 20; 6:30 - 8 p.m.

McLaren Port Huron Duffy Classrooms

### Cancer Support Group for Women

October 11, November 8,

December 13; 6 - 7:30 p.m.

**NEW LOCATION:** McLaren Port

Huron Jefferson Building,

1320 Washington Ave., Port Huron

### Multiple Sclerosis Support Group

October 5, November 2,

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

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

### Depression and Bipolar Support Alliance

October 13 & 27, November 10 & 24,

December 8 & 22; 6:30 - 8 p.m.

McLaren Port Huron North Classroom

### Stroke Survivors' Support Group

October 5 & 19, November 2 & 16,

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

McLaren Port Huron Gathering Place

### Diabetes Support Group

October 18; 10 - 11 a.m.

McLaren Port Huron Diabetes

Education Classroom,

Wismer 3rd Floor





# Think of Women's Wellness Place

➤ For Comprehensive Women's Health Care Needs

October is Breast Cancer Awareness Month. Women often think of Women's Wellness Place during this time because of the breast health services we offer. Detecting breast cancer at its earliest stages is the goal of routine breast care. That's why we offer the latest technology in breast health services, including 3D mammography.

We know that many women do not look forward to their annual mammogram. From the moment you enter Women's Wellness and are greeted by our registration staff to the time your visit is complete, our compassionate team is here to make your visit as easy and stress-free as possible.

During recent renovations to our mammography suites, we paid attention to every detail including installing TVs with soothing images and sound. We also know that having additional testing can be scary, so while wrapping you in a warm blanket to escort you to your next test, our staff stays with you until they have answered any questions you may have and put you at ease.

"On a scale of 0-100, my experience was 120! Everyone made me feel so relaxed and comfortable while going through something that was so scary for me.

I really appreciate the care I received."

Breast changes are common throughout a woman's life, so it is important to see your provider regularly and get any breast exams or procedures he or she recommends.

But, at Women's Wellness Place, we provide more than mammograms. From routine pap smears, mammograms and bone density to biopsies, compassionate touch or relaxation massage, and a marketplace with health care products for purchase, we provide comprehensive women's health services to all women in the Blue Water community.

## Breast care is important!

Women's Wellness Place can assist women who do not have insurance with paying for their annual preventative mammogram through donations from our generous community. For more information about eligibility or how to donate, call (810) 989-3189.

### Services:

- Mammograms
- Massage Therapy
- Ultrasounds
- Cancer Services
- Bone Density
- Marketplace
- Lab Services
- Biopsies
- Well Woman Care

# Foundation News & Notes



## Tee It Up to Beat Cancer

### Golf Outing Benefits Cancer Services

The third annual Tee It Up to Beat Cancer charity golf event raised over \$16,000 for cancer services at the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron. The event was hosted by Dana and Dennis Fabbri, owners of Lakeview Hills Golf Resort in Lexington.

Dana says she was inspired to help those battling cancer by a friend who was diagnosed with esophageal cancer.

"My husband, Dennis, and I were out to dinner with a friend who was battling cancer. He was wearing a periwinkle colored ribbon pin, and I asked what it was all about. He explained that it represented his cancer ribbon color and that there were many colors that represented all the different kinds of cancer. It was at that point that I envisioned all the people I knew wearing and representing the various colors of cancer. My vision became a reality, and in 2014 we hosted the first annual Tee It Up To Beat Cancer golf outing at our family resort, Lakeview Hills Golf Resort, in Lexington.

"Our friend lost his battle against cancer and passed away, but was able to attend and speak at the first outing we hosted. I never really knew what kind of an impact I was going to make when we first started this project and was thrilled this year to be able to keep the funds raised local by contributing to cancer services at the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron. I am honored, proud and humbled to be a part of this exciting effort in our community in the fight against cancer."



## 37th Annual Charity Golf Classic

The 37th annual McLaren Port Huron Charity Golf Classic was held Tuesday, July 12, at Port Huron Golf Club. We welcomed more than 175 golfers to a beautiful day on the course, and more than \$76,000 was raised to benefit cancer services at the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron. Thank you to all of our sponsors, golfers and volunteers who helped make the event a great success. A special thank you to our chairman, Brandi DeBell, and vice-chairman, Christine Shigley, for their dedication to our outstanding event.



## Mark Your Calendar for the 28th Annual Festival of Trees

The 28th annual Festival of Trees will have a new home in 2016, under the Blue Water bridge. The new location, the Blue Water Convention Center, will provide additional space and will enable new activities. The event begins December 2 with the Preview Party Gala, and continues December 3 and 4 with general admission. The event features more than 50 trees, along with a beautiful display of wreaths, both decorated in unique themes.

### Highlights include:

- An expanded children's area will include a variety of games and activities.
- Holiday scenes to offer family photo opportunities.
- A Teddy Bear Clinic. Children are invited to bring their favorite teddy bear for a full checkup, or adopt a bear at the event.
- Breakfast with Santa will be held Saturday morning.
- A family pajama party will be held Saturday evening. The party will feature a special holiday craft keepsake, dance party and movie.

"The Festival of Trees has grown into a popular holiday event for many in the Blue Water region. We are working hard to keep attendees delighted," says event chair Lucie DeLine. "The new location and expanded activities will make sure the event remains part of a beloved family tradition."

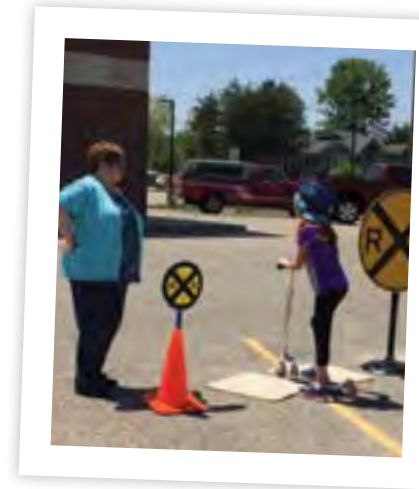
In addition to being a wonderful event, the Festival of Trees raises funds for McLaren Port Huron's cancer program. This year, the event is expected to raise approximately \$100,000.

"Festival of Trees is the start of the holiday season for many in our community. The changes we are making to the event this year will add new excitement while preserving an important hospital tradition," says Lynn Griffor, director of McLaren Port Huron Foundation.

For more information and to purchase tickets, contact the McLaren Port Huron Foundation at [www.mclaren.org/phfestival](http://www.mclaren.org/phfestival) or (810) 989-3776.



## Community Benefit Activities



During the months of April, May and June, McLaren Port Huron Foundation's Helmet Safety program reached over 1,200 students and parents in St. Clair County and lower Sanilac County. Here, a helmet safety committee member teaches safety at railroad crossings.



On August 2, local law enforcement and neighbors from Town North made their way to the McLaren Port Huron's Employee Courtyard for an ice cream social in observance of National Night Out. Here, McLaren Port Huron employees talk with local law enforcement while serving ice cream.

**Festival of Trees  
General Admission:  
Saturday, December 2 & Sunday,  
December 3, 10 a.m. - 5 p.m.**

### Special Events

(Advanced tickets required)

#### Preview Party Gala:

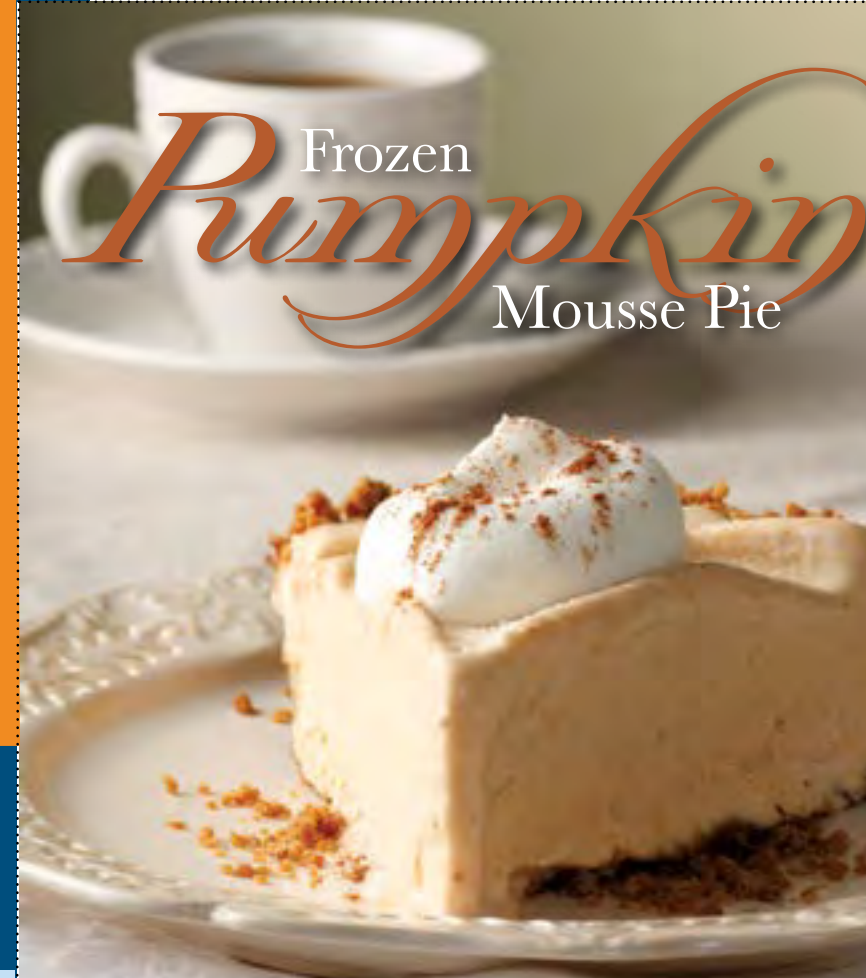
Friday, December 2, 7 - 10:30 p.m.

#### Breakfast with Santa:

Saturday, December 3, 9:30 a.m. & 11:30 a.m. (Two seatings)

#### Family Pajama Party

Saturday, December 3, 6 - 8:30 p.m.



Crust	
30	small gingersnap cookies (about 7½ oz)
2	T raisins
1	T canola oil
Filling	
1	c canned pumpkin puree
½	c packed brown sugar
½	t ground cinnamon
¼	t ground ginger
¼	t freshly grated nutmeg
2	pints (4 c) frozen low-fat vanilla ice cream, softened (see Tip)

- 1 Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan with cooking spray.
- 2 **To prepare crust:** Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.
- 3 Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.
- 4 **To prepare filling:** Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

**Tip:** To soften ice cream quickly, microwave on Medium-Low for 30 to 60 seconds.

**To Make Ahead:** Cover and freeze the pie for up to 3 days.

Makes 10 servings. Per serving: 230 calories; 5 g fat (1 g sat, 2 g mono); 4 mg cholesterol; 42 g carbohydrate; 4 g protein; 2 g fiber; 179 mg sodium; 165 mg potassium. Nutrition bonus: Vitamin A (80% daily value).



PORT HURON

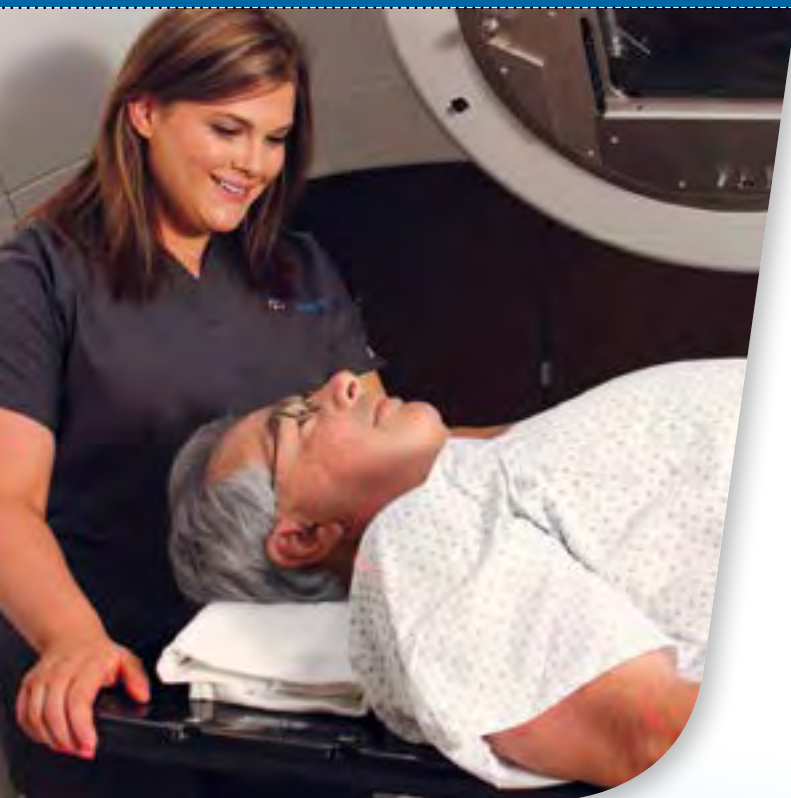
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## "In Good Health"

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# BETTER CANCER TREATMENTS in Port Huron.

BARBARA ANN  
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PORT HURON

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