

IN GOOD HEALTH

WINTER 2020



INSIDE

2 The truth about vaping

3-4 Working together
to make our
community healthy

7-8 Grateful for
legacies of giving

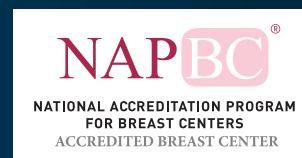
PRESIDENT'S MESSAGE

McLaren Port Huron wishes you a happy and healthy New Year! As we say goodbye to 2019, I am excited to share that it was another busy year for construction and renovations, always working toward our goal of offering patients greater access to care and enhanced amenities.

Over the last year, many floors were being renovated in the North Tower. Remodeling and converting these semi-private patient rooms to private rooms is now complete. This means that no matter which tower a patient stays in – the North Tower or the new South Tower – all inpatient medical rooms are now 100 percent private.

We also worked diligently in 2019 on a new accreditation to offer the most advanced treatment options to patients with breast diseases. In November 2019, we earned a nationally-recognized accreditation through the National Accreditation Program for Breast Centers (NAPBC). To achieve this status, a breast center must demonstrate compliance with standards that look at its leadership, clinical

services, research, community outreach, professional education and quality improvement. Patients receiving care for breast diseases at McLaren Port Huron now have access to information on clinical trials and new treatments, genetic counseling, patient centered services, including support and a survivorship care plan to improve the cancer survivor's quality of life. McLaren Port Huron is one of only 23 NAPBC centers in the state, and we are the only accredited NAPBC facility in St. Clair County.



So, what will 2020 bring for McLaren Port Huron? As we look forward to a new year and a new decade, we will be nearing completion of our five-year, \$161 million construction and renovation project. In summer of 2020, we will open the new James C. Acheson Heart and Vascular Center for comprehensive cardiac services in one convenient location. As part of this expansion, we are currently constructing a fourth cardiovascular catheterization lab.



6 NORTH NURSE'S STATION BEFORE AND AFTER RENOVATIONS



NEW CATH LAB



These accomplishments – expanding services and earning accreditations – mean we are saving lives and helping more individuals who need access to high quality, comprehensive health care locally. As always, thank you for choosing McLaren Port Huron for your health care needs, and best wishes for the coming year.

*Jennifer Montgomery, MSA, RN, FACHE
President and CEO*

THE TRUTH ABOUT VAPING

In the largest study ever conducted on the health effects of e-cigarettes, the American Heart Association (AHA) has revealed many misconceptions surrounding the rise in the device's use, along with startling facts about its increasing prevalence.

The perception of e-cigarette use – or vaping – is that it is a safer alternative to smoking, one that saves the users from the nasty consequences that come with tobacco use. Companies even promote e-cigarettes as a way to help smokers quit.

The conclusion of the AHA's study shows this is overwhelmingly not the case.

When compared to non-users, e-cigarettes are associated with a 71 percent higher risk for stroke, 59 percent for heart attack and 40 percent for coronary heart disease. And in terms of lung cancer, the inhaled nicotine vapor – or, more accurately, the particle-carrying aerosol – carries many of the same cancer-causing chemicals as cigarette smoke.

Adding to the concern is seeing who is vaping.

While cigarette smoking among youth has been steadily declining (down to 8% percent of 11th graders according to the 2017-2018 Michigan Profile for Healthy Youth [MiPHY] data for St. Clair County), the group's e-cigarette usage has soared, with 37.5 percent of high school juniors reporting having vaped in the past 30 days. Just two years prior, that number was less than half – 15.9 percent according to the 2015-2016 data. Vaping, with its variety of flavors, is now the most common form of nicotine consumption among youth.

The growing popularity of vaping is putting our youth at risk. Since 2017, vaping among high school students has risen by 78 percent in the U.S., and nicotine

addiction among youth is considered an epidemic. In 2019, vaping was cited as the cause of more than 200 hospitalizations, mostly of teens with life-threatening lung conditions.

“We know that nicotine is highly addictive,” said Michael Tawney D.O., chief medical officer at McLaren Port Huron. “As a teen's brain is still developing, they are more vulnerable than adults to nicotine addiction. Nicotine exposure in adolescents can cause lung disease as well as problems with learning and attention. Studies also indicate that teens who vape are more likely to start smoking traditional cigarettes, too.”

McLaren Port Huron collaborates with local organizations who educate about the dangers of vaping. As part of the Smoke Free Team, McLaren Port Huron partnered with the St. Clair County Health Department to provide education and resources for local schools.

“We were asked to come into the schools to help teachers identify the vape devices,” said Kelly DiNardo, R.N., regional community outreach specialist with McLaren Port Huron. “The companies that manufacture vaping devices have found creative ways for youth to hide these products in plain sight. One device looks like a USB flash drive and another looks like a smart watch. At these presentations, we also talked about the health effects for teens and resources to help teens quit.”

In November 2019, the hospital held a social media fundraiser to support the St. Clair County SPEAK (Substance Prevention through Early Action and Knowledge) coalition. This coalition strives for a healthier community by working together to prevent youth substance abuse. A total of \$804 was donated to the coalition.



COMMUNITY HEALTH NEEDS ASSESSMENT DRIVES OUTREACH EFFORTS

In 2010, President Obama signed the Patient Protection and Affordable Care Act (PPACA) into law. One of the goals of PPACA is to ensure tax-exempt hospitals are meeting community health needs by conducting a community health need assessment and creating an implementation strategy to address the identified needs. The PPACA guidelines for a non-profit hospital's community health assessment include several

requirements, such as evaluating the community's health needs, inventorying community resources that are available to address the health needs and include input from those who represent the broad interests of the community.

McLaren Port Huron recently completed its fourth community health needs assessment under the PPACA guidelines. The assessment began with a hospital workgroup to research and analyze state and national benchmarks and evidence-based strategies that pertain to regional health disparities. Health indicators were reviewed, including leading causes of death, health risk factors and access to care. Community focus group sessions were offered to obtain feedback on health needs and unmet needs. The assessment included input from local health and human service public agencies, as well as information and data from the St. Clair County 2016 Behavior Risk Factor Survey and subsequent Community Health Improvement Plan.

Over the next three years, McLaren Port Huron's outreach efforts will focus on:

Promoting healthy behaviors while addressing:

- Obesity and overweight
- Smoking and vaping
- Opioid misuse and abuse

Chronic disease prevention, maintenance and treatment including, but not limited to, heart disease and stroke, cancer, chronic respiratory lung disease, and diabetes.

Access to high quality health care and prevention services including:

- Trauma and injury prevention
- Mental health
- Medical care

But, we know that health care alone plays a small role in making a community healthy. The Robert Wood Johnson Foundation's Community Health Rankings model focuses on several factors that contribute to the health of a community. A healthy community is possible when businesses, public health, health care, local government, non-profits, and community members come together to form partnerships and implement innovative and sustainable health improvement policies and systems. It takes a shared goal and all of us working together to make our community a healthy place to live, learn, work and play.

Every year, McLaren Port Huron provides hundreds of community benefit health education programs, screenings, and participates in community-building activities. These programs reach over 250,000 people annually. Some of the activities from this fiscal year included:

- 350 backpacks filled with grade-appropriate school supplies provided in Capac, in partnership with Blue Water Community Action Agency.
- 83 men participated in free health screenings and education at the Keep Your Motor Running event held at Moran's Chevrolet.
- 86 women participated in the Ladies Night Out in Marysville and Lexington to learn about the many facets of supporting and caring for someone facing a life-changing event.
- 68 people attended the Paint the Town Red event to learn about heart disease. **1**
- Volunteers from Yale and Capac packed 100 boxes of cookies, which were distributed to veterans at the McLaren Port Huron Yale Community Health Center. **2**
- 333 people attended diabetes education programs.
- 613 PHASD 7th grade students were provided with hands-on CPR training. **3**
- 589 people attended the Children's Fun and Fitness Festival to learn about healthy habits and lifestyles. **4**

You can view our health needs assessments on our website at: www.mclaren.org/phchna. Any comments about the health needs assessment can be sent through our website at: www.mclaren.org/phcontact.



WINTER 2020

Registration is required for all programs, unless stated otherwise. Register online at www.mclaren.org/phevents or call HealthAccess at **1-800-228-1484** with credit card information. Refunds cannot be given unless there is a 48-hour notice or McLaren Port Huron cancels the program.

McLaren Port Huron (MPH)
1221 Pine Grove Ave., Port Huron

McLaren Port Huron (MPH)
Jefferson Building
1320 Washington Ave., Port Huron

Marwood Nursing & Rehab (Marwood)
1300 Beard St., Port Huron

Bariatric Informational Seminars

Upcoming seminar dates and information about surgeons and surgery options is listed at www.mclaren.org/phbariatric.

MPH Wismer Third Floor Classroom
Cost: Free

Medicare Counseling Appointments

Need help with Medicare? A Michigan Medicare/Medicaid Assistance Program (MMAP) counselor is available to meet with St. Clair County residents on the third Thursday of the month. An appointment is required. To make an appointment, call MMAP at 1-800-803-7174.

January 16 ▪ February 20 ▪ March 19
By appointment only
MPH Jefferson Building - Cost: Free

Savvy Seniors: Healthy Meal Planning

Start the new year off right – the healthy way! Join Stefana Fanelli, registered dietician from Marwood Nursing & Rehab, for tips and tricks to healthy meal planning while sampling quick and easy snacks to keep you on track.

January 22; 10 - 11 a.m.
Marwood Main Lounge - Cost: Free

Beauty & Healing

This program teaches women during any stage of cancer treatment about skin care, makeup application, and using scarves and hats as head coverings. Select a wig, free of charge, from our wig bank. Registration is required. Call HealthAccess at 1-800-228-1484 to register.

January 23 ▪ February 27 ▪ March 26; 1 p.m.
MPH Charles Classroom - Cost: Free
(Please use Rourke Entrance)

Medicaid Planning for Your Future

Learn about Medicaid planning strategies and techniques aimed at preserving your or your loved one's assets. Presented by Janal Mossett and John Adair of the Kelly Law Firm. Sponsored by McLaren Port Huron Foundation.

February 11; 10 - 11:30 a.m.
MPH Jefferson Building - Cost: Free

Savvy Seniors Lunch & Learn: Heart Failure

In celebration of American Heart Month, join nurse practitioner Diane Schunk, ACNP-BC, for an in-depth discussion about heart failure. Learn about the signs, symptoms, and ways to manage the disease. A heart healthy lunch will be served.

February 11; 11:30 a.m. - 1 p.m.
Marwood Main Lounge - Cost: Free

CPR for Seniors

In honor of American Heart Month, join us for Family and Friends CPR, which includes CPR for adults and infants. Family and Friends certificate awarded upon course completion.

February 27; 10 - 11:30 a.m.
MPH Drew Classroom - Cost: Free

Blue Water Little Black Dress Event

This annual fundraiser features a catered dinner, raffles, 50/50 drawing, cash bar, live entertainment and dancing. Proceeds benefit the Betty Kearns Cancer Fund at McLaren Port Huron. For more information or to purchase tickets, visit www.bluewaterlittleblackdress.org.

March 6; 6 - 11 p.m.
Blue Water Convention Center - Cost: \$65 per person

Benefits for Veterans

Are you a veteran and need help understanding the VA's benefit programs? Join the experts from the St. Clair County Department of Veterans Affairs and the Yale VA outpatient clinic to learn more.

March 17; 1 - 2 p.m.
MPH Drew Classroom - Cost: Free

Medicare 101

Join the Michigan Medicare and Medicaid Assistance Program to learn about Medicare eligibility and coverage, enrollment, fraud prevention and insurance updates.

March 19; 10 - 11:30 a.m.
MPH Jefferson Building - Cost: Free

29th Children's Fun & Fitness Festival

This event promotes healthy habits while exposing children to the hospital environment. Visit kid-friendly, interactive stations, and enter to win one of two bikes donated by the Noon Optimist Club of Port Huron. Open to children ages 5-11, accompanied by an adult. Registration at the door only.

March 21; 9 a.m. - 1 p.m. (registration ends at 12:30 p.m.)
MPH Wismer Main Entrance (free valet parking available)
Cost: Free

DIABETES EDUCATION

Diabetes Education

MPH offers diabetes education in a small group or individual setting Monday – Friday at various times. A physician order and registration are required. For more information or to register, call 810-989-3362.

MPH Diabetes Education Classroom

Wisner Third Floor

Cost: Varies



CHILDBIRTH EDUCATION

Several courses are offered throughout the winter. For more information or to register for the following classes, call HealthAccess at 1-800-228-1484.

Saturday Express

January 4 ▪ February 1 ▪ March 7
8:30 a.m. - 4 p.m.

Breastfeeding

January 20 ▪ March 17
5 - 7 p.m.

Comfort and Relaxation During the Birthing Process

January 27 ▪ March 30
6 - 8 p.m.

Childbirth Education Online

Call HealthAccess for more information.

SUPPORT GROUPS

Alzheimer's Support Group

January 28 ▪ February 25 ▪ March 24
2 - 3:30 p.m.

NEW LOCATION!

Marwood Nursing & Rehab
Blue Water Room at Independence Pointe
1300 Beard St., Port Huron

Bariatric Surgery Support Group

February 19
5:30 - 6:30 p.m.
MPH Wisner 3rd Floor Classroom

Heart to Heart Support Group

January 15 ▪ February 19 ▪ March 18
5:30 - 7 p.m.
MPH Jefferson Building

Multiple Sclerosis Support Group

January 11 ▪ February 8 ▪ March 14
10 a.m. - noon
MPH North Classroom

Overeaters Anonymous

Meets every Wednesday
7 - 8:30 p.m.
MPH North Classroom

Stroke Survivors Support Group

January 8 ▪ February 5 ▪ March 4
10 - 11 a.m.
MPH North Classroom

McLAREN PORT HURON IS GRATEFUL FOR THESE LEGACIES OF GIVING

THE THOMSONS' STORY

Robert and Doris Thomson were longtime supporters of Port Huron Hospital. Robert enjoyed his involvement on many hospital committees, including board chairman for both Blue Water Health System and Marwood Nursing and Rehab. He appreciated the opportunity to be a part of the hospital's leadership team as it grew from a community hospital to part of a comprehensive health care system. The Thomsons were very involved in their community and passed that philosophy onto their children. It is a natural choice for the family to honor Robert and Doris Thomson with a donation supporting the hospital's continued advancement of health care for the Blue Water community.

THE WHIPPLES' STORY

Dave and Janice Whipple's story involves a bit of destiny, a love of community and a lot of giving. Dave's history with Port Huron Hospital spans back many generations as his father, grandfather, and great grandfather all had ties to the hospital. As Dave and Janice became ingrained in the community, they also actively sought ways to give back. Port Huron Hospital, now McLaren Port Huron, has been the grateful benefactor of their financial donations, professional expertise and volunteerism.

Of their philanthropy and commitment, Dave says, "Be committed. Make a difference whether it's time, money, or both." He also says it is a privilege to be a part of McLaren Port Huron.

"Port Huron is the home of so many people with so many talents and their commitment to McLaren Port Huron is extraordinary. How can you not support that?" Janice adds, "We have gotten back so much more from our involvement with McLaren Port Huron than we have ever given."

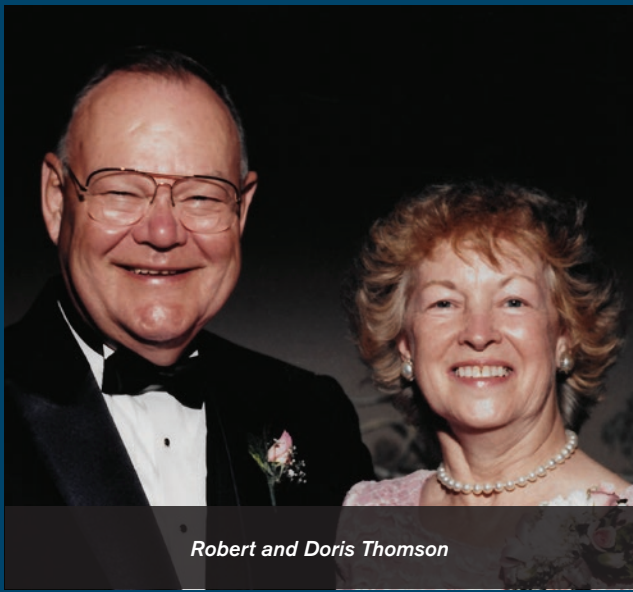
Dave and Janice made a generous gift to McLaren Port Huron and named the conference room located in the Barbara Ann Karmanos Cancer Institute in honor of Dave's parents, Charles H. and Cynthia C. Whipple. McLaren Port Huron appreciates the generations of the Whipple family, who continue to make a difference in the health of the community.

EXCEPTIONAL CARDIAC CARE INSPIRES GIFT FOR ENHANCED SERVICES

Jay and Kae Hartford are natives of Belleville, but now spend their days between their cottage in Port Sanilac and hunting lodge in Carsonville. In March 2018, while shoveling snow at their cottage, Jay began to experience chest discomfort and immediately made an appointment to see his family physician. Jay underwent a stress test, which revealed he needed a heart catheterization and a stent. He was immediately sent to McLaren Port Huron. What Jay didn't know was that he had life-threatening cardiac issues. While in surgery for his stent, it was determined Jay needed open heart surgery, which he had the next day. Since his surgeries, Jay has made a full recovery. The Hartfords indicated the care and compassion they received from the staff at McLaren Port Huron was by far the best of any facility they had ever visited.

The Hartfords wanted to give back to McLaren Port Huron for saving Jay's life, so they gave a gift to enhance the hospital's cardiac services. Because of their generosity, the ICU family waiting area, where Jay and Kae's family gathered for many hours together after his surgery, and the Cardiac Rehab facility were both named in honor of the Hartfords.

"We appreciate the Hartfords' generosity, but most importantly, we are grateful Jay is still in our lives because of the treatment he received at McLaren Port Huron," says McLaren Port Huron Foundation Major Gifts Specialist Sara Tait.



Robert and Doris Thomson



*Left to right: Art and Jill Thomson, Susan and Lionel Ellerkamp, Libby and Jeff Thomson
Not pictured: Dr. Gregory Thomson and Rebecca McConnell*



*The Whipple children
(left to right):
Jim Whipple,
Betsy Whipple-Appleman,
Dave Whipple*



Dave and Janice Whipple



*Charles Baer, Dave's
great grandfather, at the
1904 groundbreaking
of Port Huron Hospital.
Charles donated the
land the current hospital
sits on today.*



Cardiac Rehab facility at McLaren Port Huron



*Jay Hartford and Todd May, director of rehab services
at McLaren Port Huron, at Jay's hunting lodge in Carsonville.*



Pictured left to right: Jeanette Kendrick, Trudi Palmateer, Ashley McNabb, Carol Miller, Dr. Vernon Dencklau.

CARDIAC REHABILITATION WEEK IS FEBRUARY 9-15.

Cardiac rehabilitation is a medically-supervised outpatient program for those diagnosed with a heart condition. The program provides education, monitored exercise, guidance and support to help individuals manage their heart condition and return to normal activities. Carol Miller, a cardiac patient and advocate for McLaren Port Huron's cardiovascular services, credits the hospital's cardiac rehab program for changing her life.

THIS IS CAROL'S STORY...



"I have spent my life taking care of others as a registered nurse, a mother, a caregiver, and an animal advocate. My life was fulfilling and happy but was soon to change. After being extremely exhausted for a month and excusing it to 'working too much', my life soon became a nightmare, but more so, a wake-up call.

On February 6, 2019, my son and I left for a much-needed few days of rest and relaxation. Chicago was the destination, with a stop in Lansing for dinner. I became ill on the trip there and we left the following day after arriving in Chicago. On February 8, I became unresponsive at home and was taken by ambulance to McLaren Port Huron.

I had no idea that I was suffering a massive heart attack with multiple organ failure. I woke up in the Intensive Care Unit with many IVs and wires in me. I was now a patient, something that was never supposed to happen. I am the caregiver.

After a long and exhausting week, I was able to go home. I was back in 18 days for my second surgery. I have had five hospitalizations at McLaren Port Huron since February 2019, related to my cardiac issues. Knowing I needed to push myself, I then asked to go to cardiac rehab, which surprised my medical team.

Little did I know how much cardiac rehab was going to change my life. Dr. Dencklau was always there, and I knew I was safe with him. The three angels in my life, Jeanette, Ashley, and Trudi, not only took wonderful care of me but showed me that I was strong and could do anything I set my mind to. The encouragement and

support were unbelievable from this team. Trudi was exceptional and not only helped me heal physically but emotionally, as well. I owe so much to this unbelievable talented team and program at McLaren Port Huron. Every cardiac patient should experience this rehab program to grow stronger and gain greater insight into their health.

My life now includes the name survivor because of all the wonderful cardiovascular services at McLaren Port Huron. Our community is blessed to have the talent of so many and the resources our generous community donors give to us. I truly stop and smell the roses. Life is precious, and I am thankful for the cardiovascular services team at McLaren Port Huron for giving me my second chance at life."

Carol Miller, Survivor

Thanks to generous community donors, patients just like Carol will have access to comprehensive cardiac services in one convenient location with the completion of the James C. Acheson Heart and Vascular Center in the summer of 2020. The center will offer cardiac and vascular testing, such as EKGs, electrophysiology studies, and stress/nuclear medicine, and diagnostic and interventional procedures including angioplasty, angiography, stents and Impella. To learn more about McLaren Port Huron's cardiovascular services, visit www.mclaren.org/phheart.



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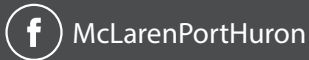
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NEW BIGG BETT **ER**

Redefining
emergency care.

At McLaren Port Huron, we're committed to always doing what's best for our patients. Our brand-new, state-of-the-art emergency department is a nationally verified Level III Trauma Center and has earned recognition from U.S. News & World Report as a high-performing hospital in the treatment of heart failure and COPD.

We are also designated as a primary stroke center and offer 24-hour access to the best stroke specialists in the state through the McLaren Stroke Network. You can even check in to the ER online, right from your home, for non-life-threatening emergencies. So, you can be confident that you can always get the care you need, right when you need it.



HEART FAILURE



COPD