

IN GOOD HEALTH

FALL 2020



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MESSAGE FROM THE PRESIDENT

In this issue, I would like to share some news and information about expanded access to cardiac and vascular services and the status of caring for patients with coronavirus. But first, please allow me to introduce myself.

In July, McLaren Port Huron's former President & CEO, Jennifer Montgomery, announced her resignation to accept a new position within McLaren Health Care. The McLaren Port Huron Board of Trustees appointed me as the new President & CEO August 3.

Previously, I served as the Chief Operating Officer for McLaren Port Huron since 2018. I was originally drawn to McLaren Port Huron because of McLaren Health Care's great reputation across the state, and I was attracted to the beauty of the Thumb region and the friendliness of people in the community. That feeling became even more evident as I interacted with the Board of Trustees, leadership, employees and the medical staff.

Over the past two years, I have overseen the \$40 million construction project of the North Tower, which included renovating inpatient units and the lab as well as building a new cardiovascular lab and office space for nursing administration and hospitalists. I also led several hospital-wide process improvement initiatives to enhance service and quality. Today and into the future, I remain committed to deliver on the promise of providing high-quality, accessible health care close to home.



Undoubtedly, the biggest challenge we have faced in 2020 as an organization has been coronavirus. Since March, we have cared for more than 130 hospitalized patients with coronavirus. Our nurses, physicians and other frontline staff have worked tirelessly to care for every patient around the clock. I cannot thank our team enough for their dedication and commitment – they have been remarkable throughout the pandemic.

I also would like to express our sincere gratitude for the community's support in donating PPE supplies and nourishment to our staff the last six months. We have received hundreds of donations, and we also enjoyed the parades and prayers that were organized to lift our spirits.

Fortunately, COVID-19 hospitalizations decreased and active cases in St. Clair and Sanilac counties were flat as of September 2020. Non-emergent and elective testing and procedures that were canceled – due to the governor's Executive Orders – resumed in June. While we continue to care for patients with coronavirus, we are following the most current CDC guidelines to provide safe care to all patients. I encourage you and your loved ones to schedule your routine care and seek emergency services for serious or life-threatening conditions.

We are also nearing completion of the five-year construction project, Rising to New Heights. In August, we opened the new James C. Acheson Heart and Vascular Center. All non-invasive and invasive cardiac and vascular testing and procedures are now performed in one central location, including nuclear medicine, echocardiography, electrophysiology, stress tests and more. The new cardiac observation unit opened in July.

I look forward to serving as McLaren Port Huron's newest President & CEO and continuing to DO WHAT'S BEST[®] for residents in the Blue Water Area. Thank you for entrusting your care to McLaren Port Huron.

*Eric Cecava, MBA
President & CEO*



PERSISTENT BACK PAIN? MAKE AN APPOINTMENT WITH McLAREN PORT HURON'S SPINE SPECIALIST

Your spine is the main support for your upper body. A structure containing more than 120 different muscles and over 100 joints, it's what allows you to stand up straight, bend and twist. When working like it should, the spine can allow your body to perform some fairly remarkable feats, from hitting that long drive down the fairway to going the extra mile on a long hike through rough terrain.

We all want our spines to function properly; however, not unlike other parts of the body, they too can suffer ailments and injuries that sometimes cause pain and limit overall quality of life. In fact, according to the National Institute of Occupational Safety and Health, back pain is one of the most common medical problems in the country. Common conditions affecting the spine include arthritis, degenerative disc disease, stenosis, sciatica, osteoporosis, traumas, spinal tumors, vascular lesions, and ruptured, slipped or herniated discs – to name a few.

Don't allow persistent pain to stop you from enjoying everyday activities. Ignoring the pain can impact your quality of life and can lead to other health issues down the road. Take action today by making an appointment with Ryan Goodmanson, DO, a complex and minimally invasive spine surgeon.

Dr. Goodmanson recently joined McLaren Port Huron Advanced Orthopedics' specialists Drs. Timothy Lukas and Leonard Karadimas. McLaren Advanced Orthopedics offers comprehensive treatments to help relieve your back pain, allowing you to return to work, as well as the activities you enjoy.

If you are experiencing back or spine issues, call 810-985-4300 today to make an appointment.



WOMEN'S WELLNESS PLACE RECEIVES DONATION FROM DEMASHKIEH FAMILY



Dr. Walid Demashkieh and his wife, Rasha, moved from their hometown of Damascus, Syria, to the United States in 1975. They settled in Port Huron in 1980 and have been making an impact in this community ever since. Dr. Demashkieh was a general surgeon, specializing in breast cancer, endocrine and laparoscopic surgeries. He served on the Port Huron Hospital (now McLaren Port Huron) Board of Directors for 11 years, and as board chair for the last three years; held the chief of staff position for three years; and was instrumental in opening Women's Wellness Place in 1995.

Rasha Demashkieh attended Wayne State University, and in 1979, she became a pharmacist. Rasha has been a member of the Port Huron Schools Board of Education; was one of six to receive the 2005 Women of Distinction Award; has been involved with the Arab American National Museum and Port Huron's Town Hall lecture series;

and has served on fundraising committees for the Port Huron Museum, American Heart Association, Wayne State University, Arab American Medical Association, and Port Huron Hospital (now McLaren Port Huron).

The Demashkiehs, along with their daughters, Maria, Lena and Sarra, wanted to give back to the community, which, they say, has been such a large part of their lives. This year, they made a very generous donation to McLaren Port Huron's Women's Wellness Place. Their gift will fund continuing education of Women's Wellness Place staff, and a scholarship has been established in their name for McLaren Port Huron employees pursuing certification in radiologic technology.

Women's Wellness Place has been renamed *Demashkieh Women's Wellness Place* in honor of this gift.

Thank you, Demashkieh family, for making a difference in the lives of our community and McLaren Port Huron's staff. We are grateful for all you have done.

MAMMOGRAPHY: YOUR BEST CHANCE AT DETECTING BREAST CANCER



While the month of October has been designated Breast Cancer Awareness Month by the American Cancer Society, health care providers urge women to place an importance on their breast health year-round. This includes staying current with regular screenings.

The standard for breast cancer screening is the mammogram, a diagnostic imaging procedure in which a low-dose X-ray captures images of breast tissue to be examined by a physician for masses and other abnormalities. Regular screenings through mammograms provide the patient and their physician with the best chance to detect breast cancer at an early stage, when it is smaller, not yet spread, and is more responsive to treatment.

McLaren Port Huron's Demashkieh Women's Wellness Place now offers online scheduling for screening mammograms. This time-saving tool allows women to schedule a mammogram safely and securely from anywhere, on any device. Women can view available dates and times, provide their personal and insurance information, and receive confirmation of their appointment in just a few minutes. For more information or to schedule an appointment, visit www.mclaren.org/phmymammo.

If breast cancer or other abnormality is detected through a screening mammogram, McLaren Port Huron's breast care team is committed to providing patients with the very best care. As an accredited breast center through the National Accreditation Program for Breast Centers (NAPBC), a quality program of the American College of Surgeons (ACS), patients with breast disease have access to information on clinical trials and new treatments, genetic counseling and 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 is the only accredited NAPBC facility in St. Clair County.

Demashkieh Women's Wellness Place is proud to offer uninsured women financial assistance for mammograms and other breast health services through the Women In Need program. Just ask for an application when making your appointment. Assistance is based on availability of funds and meeting criteria. This program is presented free of charge through the generous community donations to the Donna M. Niester Breast Cancer Fund and the Free Mammogram Fund at McLaren Port Huron. For more information about the Women In Need Program or to make an appointment, call 810-985-2663.



WELL WOMAN CARE WITH DR. PETER TSENG

Well Woman Care is ideal for women who like to have their annual physical, mammogram, and lab tests in one place on the same day. This service, located in Demashkieh Women's Wellness Place, includes:

**General physical • Pelvic exam • Pap smear
Breast exam • Family planning counseling**

Patients will be educated about their health risks and how healthy habits and behaviors can reduce these risks.

For more information or to make an appointment, call 810-985-2663 or visit www.mclaren.org/phwwc.

FALL 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.

SPECIAL NOTICE: McLaren Port Huron continues to evaluate programs based on CDC recommendations for social distancing to prevent the risk of coronavirus exposure. For the latest information regarding cancellations or rescheduling, visit www.mclaren.org/phevents.

— IN-PERSON PROGRAMS —

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

Bariatric Informational Seminars

Upcoming seminar dates and information about surgeons and surgery options is listed at mclaren.org/phbariatric.
MPH Duffy Classroom • Cost: Free

FREE Mammograms

Throughout October, Women's Wellness Place offers free mammograms for uninsured women who are having their first mammogram or who need a screening mammogram. A physician order is required. To schedule your appointment or for more information, call 810-985-2663. Free mammograms are offered through the support of the Donna M. Niester Breast Cancer Fund, Free Mammogram Fund, and X-Ray Associates of Port Huron.
MPH Demashkieh Women's Wellness Place

BEAUTY & HEALING

In 2019, McLaren Port Huron created **Beauty & Healing**, a program especially for women undergoing cancer treatment. Due to COVID restrictions and for the safety of patients undergoing cancer treatment, the Beauty & Healing program has been on hold since March.

We understand the anxiety, stress, and uncertainty that accompanies a cancer diagnosis and have some options available:

- A video to view that shares tips for head coverings: mclaren.org/phbeauty-healing
- Wig Bank one-on-one appointment to select a wig, free of charge.
- Beauty & Healing one-on-one appointment to address skin changes related to treatment.

Women should ask their oncologist for approval before making an appointment.

These programs are made possible through generous community donations to the Donna M. Niester Breast Cancer Fund at McLaren Port Huron.

To make an appointment or for more information contact the McLaren Port Huron Foundation at 810-989-3776.

— VIRTUAL PROGRAMS —

Join us from the comfort of your home computer for these programs. Participants will be emailed a link to the presentation a week prior to the program.

Cooking Matters at the Store

Cooking Matters at the Store is a virtual grocery store tour designed to help adults maximize grocery resources by learning how to make healthy and affordable choices at the supermarket, giving them skills to compare foods for cost and nutrition. Presented by MSU Extension. Join us on 11/11 at 11, and all participants will be entered to win one of 11 Meijer gift cards! **November 11; 11 a.m.**
Cost: Free

Medicare Counseling: Open Enrollment

Do you have Medicare and want to review choices for health and drug coverage? The open enrollment period for changes in coverage, effective in 2021, is October 15 – December 7, 2020. Due to COVID-19 restrictions, Medicare Open Enrollment appointments will be available by phone or Zoom video conference, rather than in-person counseling. To make an appointment with a Certified Medicare Counselor from the Michigan Medicare Medicaid Assistance Program (MMAP), or if you have questions about this year's open enrollment, call 1-800-803-7174. **October 15 – December 7; by appointment only**
Cost: Free

Savvy Seniors: Fall Prevention

Having balance in your body and in your life reduces your risk for falls and helps you maintain your independence. Join us virtually to learn more about balance, home safety, medication safety, environment safety, and exercises that can improve balance and decrease your risk of falling.

- October 21: Fall Prevention and Home Safety
Erica DuBois, Trauma Manager
- October 28: Fall Prevention and Medications
Chelsea Branch, Inpatient Pharmacy
- November 4: Fall Prevention – Eyesight is Important
Dr. Brian Favero, Ophthalmologist
- November 11: Fall Prevention and Physical Activity
Marwood Physical Therapy

All sessions take place from 2 – 3 p.m.
Cost: Free

DIABETES EDUCATION

Diabetes Education — IN-PERSON PROGRAM —

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

Diabetes Care: Healthy Carbs — VIRTUAL PROGRAM —

Join this virtual discussion to learn more about carbohydrates, their effect on blood sugar levels and how to choose healthier carbs. Enjoy a cooking demonstration by Chef Kate of Kate's Downtown. Diabetes educators will be available to answer questions after the presentation.

November 19; 9 – 10 a.m. ▪ Cost: Free



CHILDBIRTH EDUCATION

— IN-PERSON PROGRAMS —

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

Saturday Express

October 3
November 7
December 5
8:30 a.m. – 4 p.m.

Breastfeeding

November 17
5 – 7 p.m.

Comfort and Relaxation During the Birthing Process

October 26
November 30
6 – 8 p.m.

Childbirth Education Online

Call HealthAccess for more information.

SUPPORT GROUPS

— IN-PERSON PROGRAMS —

Bariatric Surgery Support Group

October 21
December 16
5:30 – 6:30 p.m.
MPH Duffy Classroom

Multiple Sclerosis Support Group

October 10
November 14
December 12
10 a.m. – noon
MPH

Overeaters Anonymous

October 7, 14, 21, 28
November 4, 11, 18, 25
December 2, 9, 16, 23, 30
7 – 8:30 p.m.
MPH Medical Office Building
Superior Classroom
1231 Pine Grove Ave.
Port Huron, MI 48060



PORT HURON

DOING WHAT'S BEST.®

FOUNDATION MISSION CONTINUES THROUGH THE PANDEMIC

The coronavirus pandemic has changed the way we live our daily lives. From wearing a mask in public to staying socially distant from friends and loved ones, this time has been full of uncertainty. However, some things haven't changed. Babies are still being born, cancer patients are still receiving treatment, and special needs patients require individualized care and services.

The McLaren Port Huron Foundation has continued to work through these uncertain times to serve hospital staff, patients, and the community in the best way possible. Thanks to our generous community, the following events and programs took place throughout the spring and summer, with careful attention to state and local guidelines, and benefitted hospital staff, patients, and our community.



May

COVID-19 RELIEF FUND

The COVID-19 Relief Fund was established to help McLaren Port Huron employees and patients impacted by the coronavirus pandemic. Thanks to our generous community, \$50,000 was raised for the fund.



June

SCHOLARSHIPS

McLaren Port Huron offers several scholarships to employees and Blue Water area students of all ages who are committed to lifelong learning and the career development process. These funds are available because of generous community donors and employees who have an expressed interest in supporting the education of these students. In June, scholarships were issued to 19 individuals totaling \$24,000. Thank you to the Carter family, Demashkieh family, and McLaren Port Huron employees for supporting the learning and enrichment of health care professionals.



June

LEVI'S LINK – 2020 VIRTUAL RUN

The third annual Levi's Link Run became a virtual event this year. Participants made their own courses around their homes and neighborhoods, running and walking to support the Levi's Link program at McLaren Port Huron. Over \$38,000 was raised for the program, which improves the hospital experience for special needs patients by promoting individualized care, making them feel more comfortable and relaxed in the hospital setting. Thank you, Megan and Rob Wilson, for the time and effort spent to organize and host this event.

Generosity Heals



July

TEE IT UP TO BEAT CANCER GOLF OUTING

The 7th Annual Tee It Up to Beat Cancer golf outing was held at Lakeview Hills Golf Club in Lexington. The weather was beautiful as the teams headed out on the course and raised over \$35,000 for cancer services and equipment at the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron. Thank you, Dana and Dennis Fabbri, for your continued commitment to the health of our community.



July

McLAREN PORT HURON FOUNDATION GOLF CLASSIC

This annual event raises funds for services at McLaren Port Huron. The event looked very different this year, but that didn't stop the 40 teams who took to the greens to help the hospital's littlest patients. Over \$46,000 was raised to purchase new, upgraded rolling bassinets for the Miriam F. Acheson Family Birth Place. Thank you to all the participants and sponsors. Because of their generosity, McLaren Port Huron is able to provide the very best care and comfort to newborns and their families.



July

REVOLUTIONARY EQUIPMENT PURCHASED TO AID IN THE TREATMENT OF PROSTATE CANCER

Thanks to generous donations from the Thomson family, Betty Kearns Little Black Dress event, and the Tee It Up to Beat Cancer golf outing, a BK3000 urology ultrasound machine has been purchased for McLaren Port Huron. This equipment provides ultra-high-resolution imaging, allowing more precise, targeted treatment for prostate cancer.



August

CAPAC BACKPACK GIVEAWAY

McLaren Port Huron partnered with Blue Water Community Action and the Four County Community Foundation for the Capac backpack giveaway. The giveaway provided 280 preschool, elementary and middle school children a backpack filled with school supplies. We are proud to support this event that helps so many in our community.

32ND
ANNUAL

 **McLaren**
PORT HURON FOUNDATION


Festival
OF
T R E E S

BENEFIT FOR
MCLAREN PORT HURON

on display in the

**McLaren Port Huron South Tower Lobby
Thanksgiving through the New Year**

Now more than ever, we're so grateful for the support of our community. We find comfort and encouragement knowing that you care about and support our mission. In the spirit of serving our community in the best way possible, we are moving forward with Festival of Trees. We will be transforming the hospital's South Tower Lobby into a winter wonderland of decorated window displays and invite the community to drive by or bundle up, park and walk the sidewalk to view the display. It will look different, but we feel that it is important to keep the Christmas spirit alive, especially this year.

Watch for more details at mclaren.org/phfestival.

PHYSICIANS READY TO CARE FOR YOU

These local McLaren Medical Group physicians offer their patients access to the most advanced health care services and medical technology in the area through McLaren Health Care. McLaren Medical Group is an employed physician network covering more than 250,000 lives throughout the state.

PRIMARY CARE PHYSICIANS

McLaren Port Huron Fort Gratiot Internal Medicine

Laura Winkelman, MSN, NP-C
5979 Lakeshore Road
Fort Gratiot, MI 48059
810-385-6370

McLaren Port Huron Family Medicine

Vladimir Stefan, MD
1216 Richardson Street
Port Huron, MI 48060
810-987-6218

McLaren Port Huron Family Medicine – St. Clair

Laura Lucio-Reincke, MD
Laura Karadimas, MSN, APRN, FNP-C
1163 South Carney Drive
St. Clair, MI 48079
810-561-8450

McLaren Port Huron Internal Medicine

Bashar Maskoni, MD
1205 Richardson Street
Port Huron, MI 48060
810-985-8144

McLaren Port Huron Marysville Family Medicine

Silvana Matte, MD
Christine Allor, MSN, APRN, FNP-C
1750 Busha Highway
Marysville, MI 48040
810-364-4130



SPECIALISTS

McLaren Port Huron Advanced Orthopedics

Ryan Goodmanson, DO
Leonard Karadimas, DO
Timothy Lukas, MD
Nicholas Branch, PA-C
1231 Pine Grove Avenue, Suite 1A
Port Huron, MI 48060
810-985-4300

McLaren Port Huron Breast Care & Surgery

Kimberley Clark-Paul, MD
1221 Pine Grove Avenue
Port Huron, MI 48060
810-985-2663

McLaren Port Huron Pulmonology, Critical Care & Sleep

Vasken Artinian, MD
Michael Basha, DO
Ali Haidar, MD
Jody Britz, FNP-BC
1231 Pine Grove Avenue, Suite 2B
Port Huron, MI 48060
810-987-5500

McLaren Port Huron Thoracic & Cardiovascular Surgery

Vernon Dencklau, DO, FACOS
1107 Stone Street, Suite 1
Port Huron, MI 48060
810-989-6113

McLaren Port Huron Urology Associates

Glen Betrus, MD
Thomas Coury, MD
Marshall Kamer, MD
Haider Rahbar, MD
1037 Water Street, Suite 1
Port Huron, MI 48060
810-984-4194

1221 Pine Grove Ave.
Port Huron, MI 48060

810-987-5000 | mclaren.org/ph

“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, visit mclaren.org/phsubscribe to sign up.

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FOR LIFE-THREATENING INJURIES, TURN TO THE AREA'S ONLY NATIONALLY VERIFIED TRAUMA CENTER.



DOING WHAT'S BEST® IN TRAUMA CARE

McLaren Port Huron recently re-earned Level III Trauma Center Verification from the American College of Surgeons. Verified trauma centers exceed stringent national standards and commit to providing the highest quality trauma care for individuals who sustain critical and life-threatening injuries.

Turn to the most experienced team

McLaren Port Huron is the only nationally verified trauma center in St. Clair County. For critical falls that result in hip fractures, we are also designated as a Blue Distinction Center+ for hip and knee replacement by Blue Cross Blue Shield.

mclaren.org/phtrauma