

HAPPY NEW YEAR!

2019



THUMB REGION

DOING WHAT'S BEST.®

The monthly newsletter for employees and friends of
McLaren Thumb Region

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VOICE

2018 REFLECTION

As we start the New Year, I reflect back on 2018 and the great things each of you have accomplished. I would describe 2018 as one of ensuring stability. McLaren Thumb Region has been going through a transformation. In 2018 we saw leadership changes and are now part of a larger system – McLaren Healthcare Corporation – which has provided us a strong foundation on which to build for our future. From a patient quality and financial perspective, MTR has made numerous strides and improvements to set us up for continued success. I cannot express enough how much I appreciate all of you adapting to these ongoing changes. Your feedback, involvement and support has been invaluable. As we move into the new year, there are three words to describe the 2019 McLaren Thumb Region; Momentum, Growth and Positivity. McLaren is investing \$10m in capital to update our infrastructure. This

year alone we will be spending over \$3m on upgrades, improvements and additions to our facility, equipment and services. We are adding providers in areas of Family Practice, OB, Orthopedics, Urology, and Telehealth. The stability we have gained last year has provided momentum for us to grow our services. The outlook is extremely positive for MTR. Our goal is to be both the healthcare provider of choice and employer of choice in the region. I want to thank all of you for your service to our patients and community. Only through your continued efforts can we continue this great trend. Happy New Year and I look forward to the great things to come from McLaren Thumb Region in 2019!

Michael Johnston
President and CEO
McLaren Thumb Region

Editor:

Yvonne Prill

(989) 269-2882 ext. 1

yprill@huronmedicalcenter.org

mclaren.org/thumbregion

Know someone who would like to receive the Voice by email? Please send Yvonne the person's name and email address



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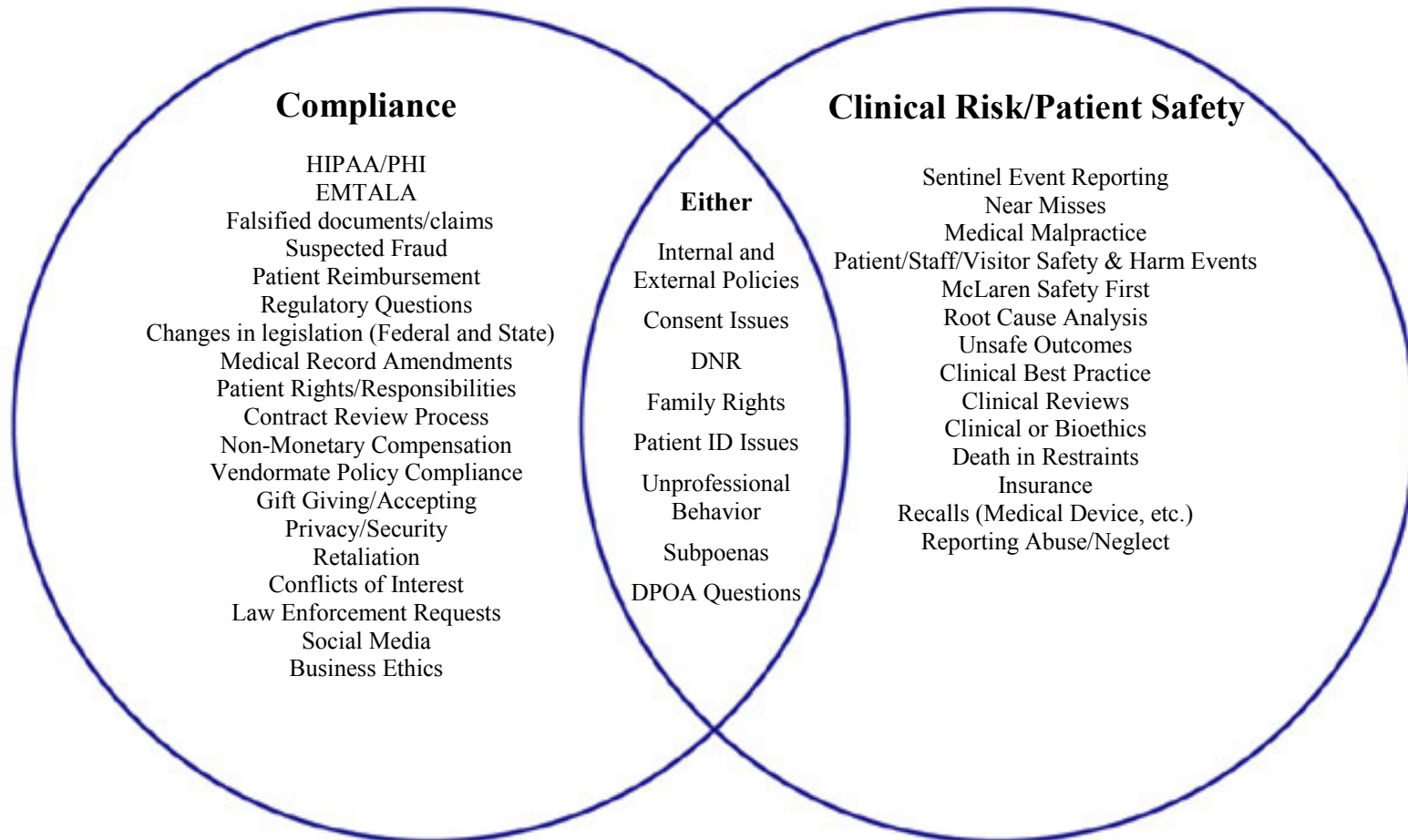
5 Community Involvement

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COMPLIANCE CORNER

Who should I call? Compliance or Clinical Risk/Patient Safety



NEW YEAR NEW YOU

With the beginning of a brand new year, comes new resolutions. Many individuals make new year resolutions; some are financial resolutions, others religious resolutions and yet others health resolutions. Here at MTR, the health of our staff is always something we strive to encourage and support.

This year, in an effort to encourage health and fitness, a health and wellness challenge group has been formed for those individuals who



would like a jump start or motivation in keeping with their resolutions.

The program began January 11 and will run for 8 weeks. There is a small fee to participate, but the fees collected will be used to fund the weekly prizes and grand prize.

For additional information or if you are interested in participating in this program, please contact Krystin Wolschleger at extension 4182 or Rachel Voss at extension 4342.

SNOW SHOVELING SAFETY AND BODY MECHANICS

- Warm up. Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- Push rather than lift. Pushing the snow with the shovel instead of lifting can help reduce the strain on your body. When lifting snow, bend your knees and use your legs.
- Choose your shovel wisely. Ergonomically-designed shovels can help reduce the amount of bending you have to do. Which prevents back injuries!
- Lighten your load. Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- Hit the pause button. Pace yourself and be sure to take frequent breaks. Consider taking a break after 10 to 15 minutes of shoveling, especially when the snow is wet. If you feel overworked at any point, take a rest break. Use this opportunity to stretch your arms, shoulders, and back to keep them warm and flexible.
- Consider multiple trips. Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- Keep up with snowfall. Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can

- become. Wet snow is heavier and harder to move.
- Wear layers. Dress in layers and remove them as you get warm to help maintain a comfortable body temperature.
- Stay hydrated. Drink plenty of water to stay hydrated while shoveling.
- Communicate: Take your phone out with you in case of an emergency. Tell a friend or family member that you are headed out to shovel and check back in when you are done.

Techniques to prevent low back injuries:

1. Bend your knees and lift with your legs.
2. As you lift the snow, keep the shovel blade close to you, to reduce back strain.
3. Switch off between snow shoveling right-handed and left-handed, so that you're working different muscles.
4. Periodically change your grip on the hand holding the bar (palm under vs. palm over).

5. When the snowfall is heavy (1 foot in depth, let's say), don't try to clean right down to the ground with a single scoop. Instead, skim the top 6 inches off, then scoop up the bottom 6 inches. Otherwise, you could be hurting yourself by lifting too much.
6. If possible use a snow blower or hire a snow removal service

A national study found that the most common shoveling-related injuries were to the lower back. Cardiac-related injuries account for only 7% of all injuries, but they were the most serious in nature. If you do not exercise on a regular basis, are middle-aged or older, or have any health conditions, such as heart disease or high blood pressure, you should check with your doctor before doing any strenuous shoveling. Consider using a snow blower or snow removal service as an alternative means of snow removal

Sources: National Heart Association





THE TIME IS NOW.

AMERICAN CANCER SOCIETY FRESHSTART® SMOKING CESSATION PROGRAM

WEDNESDAYS, FEBRUARY 6 & 13, 2019

9:00 A.M. - 11:00 A.M.

Distance Learning Center
McLaren Thumb Region
1100 S. VanDyke Road, Bad Axe

THURSDAYS, FEBRUARY 7 & 14, 2019

5:30 P.M. - 7:30 P.M.

Board Room
McLaren Thumb Region
1100 S. VanDyke Road, Bad Axe

Facilitated by Yvonne Prill, Community Health Educator.
The cost is \$25 for the entire session, payable at the first class. **Registration is required. Please call 989-269-2882 ext.1 or register online at mclaren.org/thumbregion.**

This program is designed to help participants stop smoking by providing essential information, skills for coping with cravings, and group support. At McLaren Thumb Region, we understand it is difficult to quit smoking and we want to help!

DID YOU KNOW?

- Smoking is a major cause of cancer, heart disease, bronchitis, emphysema, and stroke
- Second-hand smoke, or passive smoking, is linked to many diseases and health problems, including cancer, lung diseases, asthma, ear infections and increased illnesses in non-smokers
- 20 minutes after quitting, your heart rate and blood pressure drop
- 15 years after quitting, your risk of coronary heart disease is that of a non-smoker's
- Even if you're not 100% sure you want to quit smoking, this program is for you!

COMMUNITY INVOLVEMENT

UPCOMING EVENTS

There are many opportunities in which to participate in an event. This can be accomplished by either volunteering your time and services or by attending. The following are local events in which MTR will be sponsoring or participating. Please consider spreading the word and taking part in these upcoming events:

CA/N Council Roof Sit

Will be held on Friday, February 1 from 8:00 am to 5:00 pm on the roof of McDonald's Food and Family Center. Various organizations will take part in the event and hang out on the roof for one hour in an effort to raise funds for the CA/N Council. MTR will have an hour time slot for our representatives, but the exact time is not known at this point. Stay tuned for additional details as the date gets closer and please consider joining us or donating for this worthwhile cause.

National Wear Red Day

Will take place Friday, February 1. The American Heart Association's Wear Red Day was created to raise awareness about heart disease being the number one killer of women claiming the lives of nearly 500,000 American women each year. Please join us in wearing red on this day and help us bring heart disease awareness to our local community.

EDUCATION OPPORTUNITIES

Each day is an opportunity to learn. As professionals, we sharpen our skills and learn new things often. There are many opportunities on campus or in our community to continue our learning. Below are upcoming learning opportunities. If you have any questions, contact Yvonne at ext. 4346.

HeartCode BLS Classes

Classes will be held February 8, March 6 and April 12 from 8:00 am to 12:00 pm in the Distance Learning Center (DLC). Class consists of a skills review, video and skills testing. Be sure to complete a Requisition to Attend Seminar form and have it signed by your Department Director and return completed form to the Education Department.

ACLS Classes

Classes will be held April 4 & 5, July 25 & 26 and October 10 & 11 from 8:00 am to 5:00 pm on Thursday and from 8:00 am to 12:00 pm on Friday. In order to recertify, your ACLS card

cannot expire prior to the class date. If your ACLS Card has or will expire, please register for the Full Provider Course. Recertification will take place on Thursday not Friday. To register, be sure to complete a Requisition to Attend Seminar form and have it signed by your Department Director. Return the completed form and a check for \$50.00 payable to McLaren Thumb Region to the Education Department. Checks will be returned upon completion of the course. All classes are held in the DLC.

PALS

Classes will be held February 1, June 7 and November 22 from 8:00 am to 5:00 pm in the DLC. To register, be sure to complete a Requisition to Attend Seminar form and have it signed by your Department Director. Return the completed form and a check for \$50.00 payable to McLaren Thumb Region to the Education Department. Checks will be returned upon completion of the course.

Family and Friends CPR Classes

Classes will be held March 21 from 5:30 pm to 7:30 pm in the DLC. This low-cost CPR class is designed for staff or community members who would like to learn CPR, use of an Automated External Defibrillator (AED) and how to relieve choking, but do not need certification. Classes are located in the DLC and cost \$5.00. To register contact the Community Outreach and Education Department at extension 4346.

Stop the Bleed Training

STOP the Bleed education is an ongoing offering. As of the end of September 340 individuals have participated in the education. If you know of any group/organization that is interested in this very important and free offering please contact Annette Walleman at extension 4491 with their contact information. Annette will contact them and set up a training date and time that will work with their schedule.

20 TIPS FOR A POSITIVE NEW YEAR

As we begin 2019, many individuals set new goals. The following are suggestions that will help you start off the new year right! Tips provided by Jon Gordon

1. **Stay positive.**
You can listen to the cynics and doubters and believe that success is impossible or you can know that with faith and an optimistic attitude all things are possible.
2. **When you wake up in the morning complete the following statement:**
My purpose is _____.
3. **Take a morning walk of gratitude.**
I call it a "thank you walk." It will create a fertile mind ready for success.
4. **Instead of being disappointed about where you are...**
...think optimistically about where you are going.
5. **Eat...**
...breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
6. **Remember that...**
...adversity is not a dead-end but a detour to a better outcome.
7. **Focus on...**
...learning, loving, growing and serving.
8. **Believe that everything happens for a reason.**
Expect good things to come out of challenging experiences.
9. **Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.**
Instead invest your energy in the positive present moment.
10. **Mentor someone...**
...and be mentored by someone.
11. **Live with the 3 E's.**
Energy, Enthusiasm, Empathy.
12. **Remember...**
...there's no substitute for hard work.
13. **Zoom focus.**
Each day when you wake up in the morning ask: "What are the three most important things I need to do today that will help me create the success I desire?" Then tune out all the distractions and focus on these actions.

14. **Implement the no complaining rule.**
Complaining is like vomiting. Afterwards you feel better but everyone around you feels sick.
15. **Read more books than you did last year.**
I happen to know of a few good ones!
16. **Get more sleep.**
You can't replace sleep with a double latte.
17. **Focus on "Get to" vs "Have to."**
Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.
18. **Each night before you go to bed complete the following statements:**
*I am thankful for _____.
Today I accomplished _____.*
19. **Smile and laugh more.**
They are natural anti-depressants.
20. **Enjoy the ride.**
You only have one ride through life so make the most of it and enjoy it.

TRAUMA/EP NEWS

MTR Participated in a Full-Scale Disaster Exercise

For those of you who did not know, McLaren Thumb Region participated in a full-scale disaster exercise on December 4, 2018. MTR was invited by Courtney Manor to be a part of this exercise which included multiple injuries caused by a severe weather event.

The purpose of this exercise was to review how we responded to emergencies, the utilization of

incident command when needed and our collaboration with outside agencies and resources. During the exercise, MTR staff used the opportunity to review incident command procedures when dealing with a mass surge of patients coming into the Emergency Department. The exercise proved beneficial and identified areas for improvement and educational needs.

After the drill, discussion took place during the post drill meeting.

Communication, location and processes were some of the topics discussed. We would like to thank all those who participated in the drill and those who provided questions and suggestions for improvement.

If you have any additional questions or suggestions regarding the drill, please contact Annette W. at extension 4491, via email or at her new office in room # 209. This is an ongoing process that utilizes feedback for improvement and all input is welcome.

HUMAN RESOURCES NEWS

NANCY BOUCK RETIRES AFTER 38 YEARS

Monday, December 3, 2018 was a bitter-sweet day for MTR employees who celebrated with Nancy Bouck as she entered and exited the doors of the hospital for the last time as a hospital employee. Nancy retired after 38 years of service to the organization and has been a staple here at the hospital.

Nancy began her employment back on March 24, 1980 where she began working in the human resources department as an Employee Relations Secretary. She was later promoted to Personnel Assistant. In 2000 Nancy was promoted to Human Resource

Having Trouble Clocking in with Your Fingerprint?

Are you having trouble clocking in with your fingerprint? That can be easily fixed. For fast and easy access via a PIN (personal identification number) contact Kim S. at extension 4336.



Manager where she stayed until her retirement. Nancy had a very impactful and successful career here at the hospital and was an integral part of the success of this organization. Nancy is part of the fabric of the organization and her presence will be greatly missed.

Congratulations Nancy and best wishes as you begin the next chapter. May you be blessed with many big wins on your casino adventures!



HEALTHY RECIPE CONTEST

During the month of January the Food and Nutrition Department will be hosting a healthy recipe contest. If you have a healthy recipe that everyone loves, please submit it. Recipes can consist of any entrée, side dish, snack or dessert. Once recipes are submitted, 3 of them will be chosen and featured on the February café menu. The winners of the contest will win a certificate for a free meal and dessert at the café. All recipes must be received by 4:00 pm January 31 to be entered into the contest. Put your thinking caps on and dust off your recipe cards. Let's see those amazing healthy recipes!

WE HAVE A WINNER!

Last month the Food and Nutrition Department held a gingerbread house contest and our winner was Jaclyn Kubacki. Jaclyn put her creative talents to work and came up with an adorable gingerbread house and train. She used gingerbread crackers and icing to create the

house and train and lots of other edible candies and sweet treats to decorate. She also used other items and created a cute scene. As the winner of the contest, Jaclyn won a gift card to McDonalds Food and Family Center. If you happen to see Jaclyn, be sure to congratulate her on a job well done!



CASUAL DAY FOR A CAUSE

For those of you not familiar with our Casual Day Fridays, employees have the option to wear jeans if they donate a minimum of \$1. All of the donations collected for Casual Days are then in turn donated to a local or national charity.

All donations collected during the month of January will go to the Huron County CA/N Council; a local child abuse and neglect prevention council. The CA/N Council's mission

is to work collaboratively with community partners to prevent child abuse and neglect in Huron County. The council does this by fund raising, educating the community and supporting prevention services and projects.

Casual day donations are collected by Administrative Assistant, Gerri Schenk who is located on the 3rd floor in room 316.



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DID YOU KNOW...

Did you know that MTR's 3D Mammography and Stereotactic Biopsy equipment offers cutting edge technology? It sure does. This equipment is the only 3D unit and stereotactic unit in the region. It offers superior imaging for dense breast tissue and patients benefit from lower dose radiation, lower compression time and increased patient comfort. In addition, this equipment use also reduces call-back needs by 40%.

NEW FACES AT McLAREN THUMB REGION

With a new month comes new faces at MTR. Please join us in welcoming the following new staff members to our team. If you see one of them stop them, say hello and welcome them aboard!



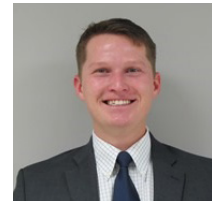
Neil Belmont
Lab Assistant



Jackie Christner
Registered Nurse



Sonia Fleming
Nursing Assistant



Justin Ide
Director Quality Improvement & Organizational Excellence

EMPLOYEE BIRTHDAYS



The following employees have birthdays during the month of **January**: Dr. Mukhtar (01/01), Janelle Gorkowski (01/03), Jessica DeBlois (01/05), Jacklyn Bowers (01/07), Tara Siemen (01/07), Diane Hiller (01/08), Melissa Stacer (01/08), Diane Phillips (01/08), Kristin Kreiner (01/08), Susan Lange (01/08), Misty Budzisz (01/09), Shelbee Capitan (01/09), Larry Apley (01/09), Mary Cook (01/10), Vicky Murawski (01/11), Emily Bucholtz (01/12), Janelle Leppek (01/13), Kristi Cloutier (01/16), Julie Flores (01/17), Denise Geiger

(01/18), Erin Zimmerman (01/19), Kimberley Rhode (01/20), Marc Dean (01/22), Rose Duda (01/23), Roxane Puvalowski (01/23), Renee Snover (01/24), Cassandra Large (01/25), Jeanette Hunt (01/26), Susan Hamilton (01/26), Nicole Mergucz (01/26), Heather James (01/29) and Richard Lockard (01/29).

Hope your special day brings each of you all that your heart desires! Here's wishing you a day full of pleasant surprises. If you happen to see any of these folks, be sure to wish them a happy birthday!

Please note, if you prefer not to have your birthday listed, please contact Kim S. at ext. 4336.

Remember if you are celebrating a birthday or a length of service work anniversary during the month of January, you will be invited to celebrate over light hors d' oeuvres and cake with our CEO, Michael Johnston. Getting together with Michael is a special time to celebrate you and/or thank you for your service to our organization. Invitations will come via employee email, and employees are asked to RSVP a week prior to the event. Attendance is voluntary.