

Connection

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George Paul is devoted to his outpatient therapy so he can continue to improve and potentially drive again.

After Rehab... Patients Need to Return to a Safe Home

When his clinicians and wife, Patricia, talk about George Paul, they cannot believe the recovery he has made. They actually use the word miracle.

After all, the 66-year-old Swartz Creek man was not expected to make it out of the Emergency Room on March 4 of this year. After working out that morning, Paul stopped by his pharmacy and collapsed at the counter, falling and hitting the back of his head. He was sent by ambulance to McLaren. He had suffered a brain bleed from the fall, which is considered a very traumatic brain injury. Paul made it through surgery and was sent to ICU.

After two weeks in ICU, Paul was transferred to the Rehab Unit, where he stayed until mid-

April. During that time, he worked with the therapists on McLaren's Head Injury team. His days were filled with speech, physical and occupational therapy sessions. His recovery continued, and he was getting well enough for his care team to start talking about his return home. A home evaluation was planned.

For a home evaluation the patient is taken to his house by the rehab therapy team. This team includes physical, occupational and recreational therapists. The focus of the visit is to evaluate the patient's accessibility and safety in the home. It also gives the patient an opportunity to practice in their real living environment what they are learning in therapy.

"The visits give families a heads-up on what

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"The visits give families a heads-up on what to anticipate when their loved one comes home"

*— Amy Owen,
MRMC Physical Therapist*



(Above) Paul Metcalf, who is recovering from a stroke, accompanies was taken by the home evaluation therapy team on their porch were just one area of concern. Top to bottom: Kellie Stites, Recreational Therapist, Tracy Marsh, Occupational Therapist, Paul Metcalf, patient, and Amy Owen, Physical Therapist.

Amy Owen and Tracy Marsh measure Paul Metcalf's bathroom by to see if it would accommodate a walker or wheelchair.

to anticipate when their loved one comes home,” states Amy Owen, Physical Therapist. “Sometimes it is a big reality check when we point out the tripping hazards, the space barriers if the patient is using a walker or wheelchair, and the modifications that need to be made to things like steps and bathrooms.”

Modification recommendations for Paul were minor. Rugs and anything else that could be a trip hazard were removed. Handrails in the bathtub and by the steps into his home. What was harder for Paul to deal with was the ban on driving the car, using the rototiller, and using the riding lawnmower.

“When we went to Mr. Paul’s home I was looking for things he could do safely outside because he loves to work in his yard,” states Kellie Stites, Recreational Therapist. “During our therapy sessions I try to learn about the patient’s hobbies and interests so I can recommend things they can enjoy doing at home to keep occupied.”

The visits typically take about an hour, however, some evaluations

may be more extensive depending on the patient’s functional status and they type of home. Home evaluations are not always required, as every patient and situation is different.

“I don’t remember what happened to me that day, going to E.R. having surgery, or being in ICU,” states Paul. “I do know everyone took good care of me and I’m looking forward to getting back to where I was. I want my driver’s license back.”

Now in outpatient therapy through McLaren’s Head Injury Program located at the hospital, Paul has made quite an impression on everyone.

The Home Evaluation Team- What They Do

Physical Therapists
Assess the patient’s ability to use their own furniture (i.e. bed and favorite chair), enter/exit the home, wheelchair/walker accessibility, etc.

Occupational Therapists
Assess the safety and accessibility of the bathroom and kitchen (i.e. grab bars in the shower, shower seat, moving essential kitchen items to wheelchair level).

Recreational Therapists
Recommend ways for the patient to continue to be involved in recreational activities and hobbies.

Additional Patient Support

Case Management/Social Work
Provides patients and their families with insurance assistance and community resources. Meets with the therapy team once a week and communicates the therapy team’s recommendations to the patient and family. Many patients and families experience emotional struggles after their life-changing event. The rehab social worker helps with problem-solving and coping strategies, and also provides community resources when needed.



McLaren Imaging Center Designated an ACR Breast Imaging Center of Excellence

As the McLaren Imaging Center prepared to celebrate its one year anniversary in June, it had something else to cheer about. It has recently been designated a Breast Imaging Center of Excellence by the American College of Radiology (ACR). By awarding facilities the status of a Breast Imaging Center of Excellence, the ACR recognizes breast imaging centers that have earned accreditation in all of the College's voluntary, breast-imaging accreditation programs and modules, in addition to the mandatory Mammography Accreditation Program.

The designation means the breast imaging services at the center are fully accredited in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy. Peer-review evaluations, conducted in each breast imaging modality by board-certified physicians and medical physicists who are experts in the field, have determined that this facility has achieved high practice standards in image quality, personnel qualifications, facility equipment, quality control procedures, and quality assurance programs.

"We are proud to have met the high standards needed to achieve this designation," states Linda Lawrence, M.D., Board Certified Radiologist and Medical Director of the McLaren Imaging Center. "Area women can be assured they are coming to a facility that provides the highest quality care for women's imaging services and procedures, as recognized by the American College of Radiology."

The Center is the only facility in mid-Michigan to receive the three-year designation. In addition to its specialized women's

imaging services, it also provides comprehensive services for the entire family.

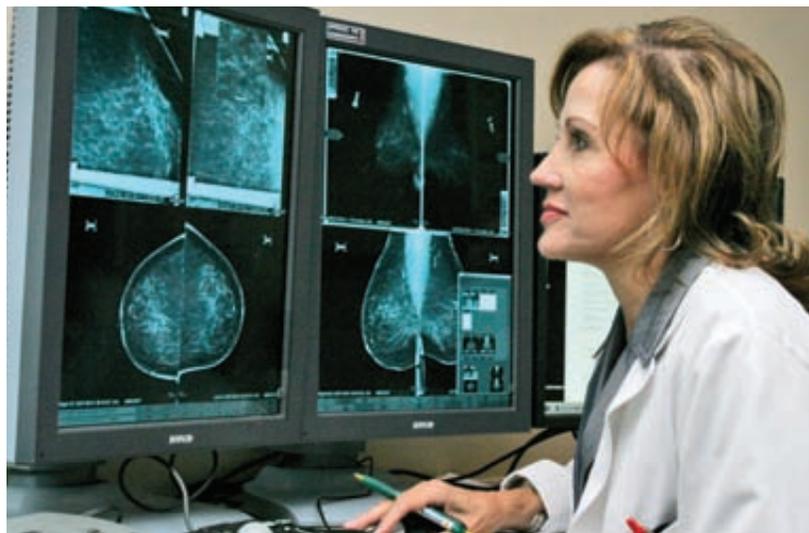
The McLaren Imaging Center offers all digital technology including mammography, computer-aided detection Systems (CAD), and a 64 slice CT-Scanner. Other services include general imaging, ultrasound technology, fluoroscopy and nuclear medicine. All imaging completed for patients at the site can be easily accessible to their physicians through a special website portal where images and results are made available on-line for authorized physicians to access from a remote location. A highly trained staff cares for patients including fellowship-trained radiologists who are on-site.

What the ACR Accreditation Seal Means to Patients

- The McLaren Imaging Center has gone through a rigorous review process to be sure it meets nationally accepted standards.
- The personnel are well qualified, through education and certification, to perform and interpret medical images and administer radiation therapy treatments.
- The equipment is appropriate for the test or treatment the patient will receive, and the facility meets or exceeds quality assurance and safety guidelines.



The McLaren Imaging Center is located across from McLaren's Emergency Department on the southeast corner of Beecher and Ballenger Hwy.



Linda Lawrence, M.D., is in the reading room at the Center reviewing a patient's mammogram.



Denise Youngquist (center), a representative from HealthGrades, attended a recent MRMC Board of Trustees meeting to highlight the significance of the medical center's designation as a four-year winner of the Distinguished Hospital Award for Patient Safety. She presented the HealthGrades trophy to Kristen Skivington, Board Chairperson, and Donald Kooy, MRMC President/CEO. Along with the board presentation, Youngquist also gave seven other presentations to MRMC leadership, staff and physicians. MRMC is one of only four hospitals in Michigan to earn this award for four consecutive years, and one of only 56 hospitals (among 5,000) nationwide to achieve this distinction.



Kenworthy Scholarship Awarded to Local High School Graduates

Four local high school graduates are the recipients of the 2008 Harriett B. Kenworthy Humanitarian Scholarship. Shaniqua Manns, of Beecher High School, Jessica Freeman of Lakeville Memorial High School, Taylor Batey of Kearsley High School and Shamonica Davis of Flint Northern High School, attended the nursing program at Genesee Area Skill Center which exposed them to a career in nursing. The scholarship allows each of them to pursue an associate degree in nursing at Mott Community College tuition free. McLaren Regional Medical Center



(Left to Right) Shaniqua Manns, Jessica Freeman, Harriett Kenworthy, Taylor Batey, and Shamonica Davis

(MRMC), in conjunction with the McLaren Foundation, funds the scholarship program.

This is the fifth year MRMC has awarded the Harriett B. Kenworthy Scholarship. Each recipient pledges to work at MRMC for three years following

graduation from nursing school and becoming a licensed registered nurse. For more information about the scholarship programs available through MRMC, call Susan Theakston, Human Resources Manager at 342-4085.

The scholarship allows each of them to pursue an associate degree in nursing at Mott Community College tuition free.



Cheryl Peterson, President of Memorial Healthcare cuts the ceremonial ribbon marking the official opening of the Memorial Cancer Center. Representatives from MRMC and GLCI were on hand for the occasion including Hesham Gayar, M.D., Medical Director of radiation oncology. Ray Demers, M.D., President of the Great Lakes Cancer Institute and Don Kooy, MRMC President and CEO.

McLaren Celebrates Partnership In Cancer Care

McLaren Regional Medical Center recently joined in the grand opening celebration of Memorial Healthcare's new Cancer Center in Owosso. Through a partnership with Memorial Healthcare, GLCI-McLaren Regional Medical Center is providing radiation oncology services at the Cancer Center. This partnership will enable patients in the Shiawassee County region who need radiation therapy services to receive this advanced technology right in Owosso. In the past, patients from the Owosso area had to travel to GLCI-McLaren's Flint Cancer Center.

Donald Kooy, MRMC President/CEO, Hesham Gayar, M.D., radiation oncologist, and Ray Demers, President of the Great Lakes Cancer Institute, participated in the ribbon cutting ceremonies at Owosso on May 30, along with Memorial Healthcare administrators, board members and community dignitaries.

Cheryl Peterson, Memorial President/CEO, praised the collaboration with McLaren in her remarks at the groundbreaking ceremony.

In his remarks, Donald Kooy recognized the efforts of the Memorial leadership, Board of Directors and the Foundation in bringing this collaboration to fruition. He called the partnership a "Win-Win-Win" situation for all involved. Patients in the Shiawassee County area will have access to the latest cancer technology close to home; Memorial Healthcare will be able to enhance its arsenal of cancer treatment options with state-of-the-art radiation therapy services on its campus; and MRMC will expand its outreach in cancer care with a valued community partner.

Clinicians in the new Cancer Center will be using an advanced form of image-guided radiation therapy (IGRT) and intensity modulated radiation therapy (IMRT) to provide the absolute latest technology in radiation treatment of cancer.

"IGRT enables doctors to better locate tumors before each dose of radiation is administered, all while the patient is in the treatment position," stated Dr.

Gayar, radiation oncologist at MRMC, who is also on staff at Memorial Healthcare. "This minimizes the volume of healthy tissue exposed to the radiation, and delivers the right dose to the tumor."

(Below) Varian's Dynamic Targeting® Image Guided Radiotherapy available at Memorial Healthcare's Cancer Center represents the highest standard of care in radiotherapy.



Stephen Scully (left) and Bob Slovey (far right) receive certificates of appreciation for their efforts from Lori Walters and Roxanne Caine.



General Motors, Genesee Area Skill Center and McLaren Partner to Benefit Patients, Students

A unique partnership between McLaren Regional Medical Center, GM Service Parts Operations, and the Genesee Area Skill Center is resulting in a win-win situation for patients and students alike.

Working with MRMC Board member, Duane Miller, of GM SPO, MRMC received a 2007

Envoy from GM for patients who have suffered a physical disability to learn to adapt to common lifestyle activities, including getting into and out of a vehicle.

A contact was then made with the Genesee Area Skill Center's Technology Automotive Platform Program. In this program, 30 students from area high schools

work with instructor Stephen Scully to learn about automotive technology and apply this knowledge in an automotive laboratory setting.

The Envoy was delivered to the GASC, and the automotive students took on the task of removing all mechanical parts from the Envoy. Under the guidance of Scully, the students removed the engine, transmission and brake lines and further modified the vehicle for patient use. These modifications were required to insure patient safety for the physical therapy patients who will utilize the vehicle in their lifestyle adaptation activity. After several months of intense work, the project is complete, and the Envoy has been delivered to McLaren Regional Medical Center.

A Partnership Celebration was held May 28 at McLaren Regional

As part of this therapy patient's rehabilitation, MRMC physical therapist Rachelle Fultz coaches her on the proper way to get into and exit a vehicle. The Envoy better reflects the most common size of vehicles on the road.



Medical Center to recognize those involved with the program and dedicate the vehicle in its new home outside the physical therapy department at MRMC.

Presentations were delivered by:

- Duane Miller of GM SPO;
- Robert Slovey, National ASEP/AYES Manager at GM Service Operations;
- Stephen Scully, GASC Automotive Platform Instructor;
- Lori Walter, Director of Therapy Services at MRMC;
- Roxanne Caine, Director of the McLaren Foundation, and
- A physical therapy patient who demonstrated how the car will be vital in helping with rehabilitation techniques

Terri Harding, manager of therapy services at MRMC, shared the benefits of this program to patients.

“We are very excited to have a real, updated vehicle for our patients to practice getting in and out of,” she said. “Our



Duane Miller, MRMCC Board member proudly adds his name to the signatures under the hood of the newly placed therapy vehicle.

passion is getting patients back to independence. Part of that is teaching our patients how to get into a vehicle with the new challenge of a broken hip, a weak arm and leg due to a stroke, or a multitude of other physical challenges.”

She stressed that when a rehab patient goes home, he or she must be able to get to doctor’s appointments, go to the store and accomplish many other things. With the Envoy on site at

McLaren, therapists can train the patients and prepare them for real life instead of just simulating what it will be like for them. Harding noted that the Envoy is particularly appropriate since so many people have SUV-type vehicles today.

“There is nothing like the smile on a patient’s face when they actually get into the vehicle and realize this is their closest step to being back home!” she concluded.

“There is nothing like the smile on a patient’s face when they actually get into the vehicle and realize this is their closest step to being back home!”

– Terri Harding, manager of therapy services

Monday, August 11, 2008

McLaren Regional Medical Center is pleased to sponsor our 17th Annual Golf Classic at two prestigious courses: Flint Golf Club and Warwick Hills Golf and Country Club. The McLaren Golf Classic features a four-person golf scramble and other amenities that are associated with a day of fun and fundraising on behalf of McLaren Regional Medical Center.

Thanks to the generosity of all past participants, more than \$1,650,000 has been raised through the McLaren Golf Classic. This year’s proceeds will be directed to the new McLaren Medical Education Building which will support physician residency and teaching programs, medical research and education, enhanced patient services, and the community-at-large.

For
a Good
Cause!

17th
annual



2008

Golf Classic

mcLaren regional
medical center

The Davison Eagles Riders fundraising efforts included donations to sign a custom-made bench. The bench now resides at GLCI-McLaren.

“We are very grateful to receive this donation. It will provide relief to women who are struggling to make ends meet while undergoing treatment for breast cancer.”

Edward Naill, M.D., radiation oncologist

Ride for the Ribbon Assists GLCI Cancer Patients



event held in June. This year 706 bikes participated in the ride from Cummings Harley Davidson in Burton to the Davison Eagles Club. Proceeds benefit breast cancer patients throughout Genesee County. A special fund through the McLaren Foundation provides financial assistance to qualifying breast cancer patients treated at GLCI-McLaren.

will provide relief to women who are struggling to make ends meet while undergoing treatment for breast cancer.”

This is the fifth year that Pat Shuart has presented a check to GLCI-McLaren from the bike event. Previously it was called Full Circle Motorcycle Ride. He and fellow officers of the Davison Eagle Riders take pride in hosting the event.

“The people of this blue collar community are known to give,” said Rodney Herriman, (aka Hotrod). “We feel that we are our brothers keeper. We want to help those that we see need a little extra help.”

The bench presented to GLCI-McLaren was handmade by retired autoworker Marv Nowland. The signatures on the bench represent the individuals and organizations who donated to Ride for the Ribbon.

GLCI-McLaren Receives Donation from Davison Eagles Riders Event

Members of the Davison Eagles Riders group presented GLCI with a check for \$6,000 and a handmade commemorative bench for the Cancer Institute. The donation was the result of the Ride for the Ribbon motorcycle

Edward Naill, M.D., radiation oncologist at GLCI-McLaren was on hand for the check presentation.

“I am fairly new to the area,” said Dr. Naill. “One thing that is apparent is the extraordinary generosity of the members of the Flint community. We are very grateful to receive this donation. It

Nursing Scholarship Recipients Named

Please help us congratulate our 2008 McLaren Nursing Scholarship recipients:



Maureen Wilson



Dawn Chase-Lacey



Jennifer Girard



Anna Hundshamer



Melissa Clark



Rachel Higgins-Mensah



Betsy Felton



Tamara Tift-Pittsley

For more information about McLaren nursing scholarships, contact Susan Theakston at 342-4085 or yolandal@mcclaren.org.



McLaren's ED Construction Complete

The expansion and renovation of McLaren Regional Medical Center's Emergency Department is now complete, providing enhanced patient services for more than 45,000 people who seek services at the Emergency Department each year. This major undertaking began in Spring of 2006 and took place in three phases. Over 12,500 square feet of space was added to the area, including a new patient entrance, and new patient and family waiting areas. A complete renovation of the original 22,000

square foot space also took place. Now there are 39 beds, three trauma bays, two triage rooms, a 10-bed observation unit, and eight Fast Track rooms for patients with less severe injuries and illnesses. Fast Track services are available seven days a week from 1:00 p.m. to 1:00 a.m.

All patient rooms are private and have extra space for family members to stay with their loved ones. There

are glass doors and curtains if additional privacy is desired, and

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A volunteer now greets everyone entering the Emergency Department.



A spacious waiting area has plenty of seating, televisions and large windows.

McLaren's ED Construction Complete CONTINUED FROM PAGE 9



This is one of the 39 private patient rooms.

television sets and phones are standard in all rooms. Radiology services are now located right in the department, including CT scan capabilities and all routine x-rays. This greatly decreases the need for transfers, which in turn reduces the time patients spend in Emergency.

“Everyone has more space, and the layout allows for the best impact on patient care,” states Ray Rudoni, M.D., Medical Director of the Emergency Department. “The input from staff, physicians, administration, radiology and other areas has resulted in a very nice emergency department for the greater Flint community.”

Improvements have also taken place on the outside of the department. There are now separate entrances for patients and ambulances. The ambulance entrance has many special features to meet the needs of the rigs and paramedics. New signage and landscaping enhance an enlarged visitor parking area. The main entrance to the department is off Beecher Rd., just east of Ballenger Highway.



There are two nurses stations, above is the main station, which wraps around to the department's trauma bays.



Are You Ready for Some Fun?

...then mark August 9th

on your calendar and join us for Family Fun Day at Faith Missionary Church, 1327 North Elms Rd. (between Beecher and Calkins).

The event will take place from 11:00 a.m. until 4:00 p.m.

As part of "A Little Change Makes a Big Difference" campaign, Family Fun Day is a great time for you and your family. There will be activities and games, an inter-department Softball tournament, classic car show and more! Not to mention the famous DUNK TANK!!!

Advance tickets are being sold this week for \$5.00, which include 5 bonus tickets (a total of 25 tickets) and a coupon for a free hot dog or drink. You can buy tickets for 25 cents each the day of the event.

Stop by the information table on Wednesday or call the Foundation at 342-4087.

Congratulations



Roxanne Caine, Director of Fund Development at The McLaren Foundation, has been named a Certified Fundraising Executive (CFRE) by CRFE International. Roxanne joins over 5,300 professionals around the world who hold the CRFE designation. Individuals granted the CRFE credential have met a series of standards set by CRFE International which include tenure in profession, education, demonstrated fundraising achievement and a commitment to service to not-for-profit organizations. Candidates must pass a rigorous written examination testing the knowledge, skills, and abilities required of a fundraising executive.

Roxanne Caine has also been elected to serve as president of the Rotary Club of Flint for 2008-2009. She has been a member of the Flint Rotary since 2002. Roxanne began her one-year term as president on July 1, 2008 and is looking forward to leading the 92-year old club. The Rotary Club of Flint has more than 200 members and has been instrumental in hundreds of community projects throughout its history.

2008 Cancer Survivor Celebration “See Everyday in a Different Light”

Back by popular demand: The Shriner Banjotainers delivered a lively performance



Each year the Great Lakes Cancer Institute at McLaren helps hundreds of people through their battle with cancer. As a way to honor the strength and spirit of those who have undergone or are undergoing treatment for the disease, McLaren hosted its 14th Annual Cancer Survivor Celebration. This year 350 people attended the event held at the Holiday Inn Gateway Centre. Guests enjoyed visiting with physicians and cancer staff, listening to live music, and hearing remarks from physicians and guest speaker Eleni Kelakos.

Dr. Trevor Singh fondly greets a survivor.



(Above) Guests enjoy refreshments during the social hour

Dr. Sukamal Saha shares a joyful moment with cancer survivor.



(Above) Auxiliaries welcome guests and assist with registration.



(Above) Guest speaker Eleni delivered an inspirational message through music and amusing anecdotes



Dr. Hesham Gayar enjoys pleasant conversation with a guest



(Above) Cathy Sudborough, Tumor Registrar serves up dessert to guests with a smile.



Guests received commemorative pins to mark special milestones in their recovery. Here, a woman smiles at receiving her pin marking 20 years since diagnosis.



ABC 12 News personality, Bill Harris served as Master of Ceremonies

Welcome to the Medical Staff



Sandeep Grewal, M.D.

Sandeep Grewal, M.D., an internal medicine specialist, has joined McLaren Regional Medical Center Academic Hospitalist Group. The group cares for inpatients at McLaren. Dr. Grewal completed his residency at MRMC. He received his medical degree from Dayanand Medical College in Ludhiana, India



Sharon Lawrence, D.O.

Sharon Lawrence, D.O., an internal medicine specialist, has joined the medical staff at MRMC. She is seeing patients at the McLaren Community Medical Center-Flushing, located at 2487 N. Elms Rd., Flushing. Dr. Lawrence completed her residency at Oakland General Hospital in Madison Heights, Michigan. She received her medical degree from the University of New England College of Osteopathic Medicine in Biddeford, Maine.



Prajesh Patel, M.D.

Prajesh Patel, M.D., an internal medicine specialist, has joined McLaren Regional Medical Center Academic Hospitalist Group. The group cares for inpatients at McLaren. Dr. Patel completed his residency at MRMC. He received his medical degree from St. George's University School of Medicine in Grenada.



Accepting the Community Caring Award from Marcy Buren of Health Access (l) on behalf of McLaren Health Care were Laurie Prochazka and Jim Nielsen.

Community Caring Awards Presented to McLaren Employees, Overall Organization

McLaren was well represented at the recent Community Caring Awards. These awards were presented by Health Access to recognize individuals and businesses that have made an outstanding contribution to the service of the uninsured in our community.

McLaren Health Care (MHC) was honored in the business category for providing more than \$91 million in uncompensated care to patients served by the various MHC subsidiaries. The health system was also recognized for providing millions of dollars in community benefit through such programs as free health screenings, support groups, educational seminars on health-related topics, medical services to free medical clinics across mid-Michigan, and a host of other programs designed to increase access and education regarding health care services. Laurie Prochazka, corporate director of marketing/communications for MHC, and Jim Nielsen, director

of laboratory services at MRMC, accepted the award on behalf of McLaren.

In the individual award category, Parul Sud, M.D., was honored for her contributions to the Genesee Area Free Medical Clinic. Dr. Sud is the associate program director of the McLaren Internal Medicine Residency Group Practice and Director of Ambulatory Education. She has donated her time for the benefit of the Free Medical Clinic for the past 17 years. She serves on the Clinic's advisory committee, personally donates time seeing patients and also supervises the care provided by McLaren's internal medicine residents at the Free Medical Clinic. In 2007, residents from the Internal Medicine Residency saw 1,667 patients at the Clinic and served 468 hours there. In total, MRMC physicians, the MRMC laboratory and other departments contribute health services valued at nearly \$300,000 to the Free Medical Clinic.

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Community Caring Awards CONTINUED FROM PAGE 14

“I consider this a shared award among all of those at McLaren who are involved with the Free Medical Clinic,” Dr. Sud said. “The dedication of the residents and faculty, along with the support of the Medical Center administration, made it possible for McLaren to have made this impact at the Free Medical Clinic.”

Another McLaren honoree in the individual award category is Shownn Blackmer, office coordinator at McLaren Family Practice Residency Group Practice. In nominating Shownn for this award, her co-workers noted the following:

“Shownn goes over and above in helping patients and families with three specialty clinics in our office, including the Geriatric Assessment Clinic, the Child Evaluation Clinic, and the Muscular Dystrophy Clinic. In these clinics, as well as our regular family practice clinic, she organizes appointments, helps field questions from patients, family members, law enforcement officials and related offices. The time and care she gives to every person is inspirational to us, and we see the positive results of her work weekly.”

The third McLaren-affiliated individual who received a Community Caring Award was Ginny Heidenreich, accounts receivable specialist at McLaren Medical Management, Inc. Her nomination read: “Ginny works in the patient pay/billing area at McLaren’s Physician Billing Department. She goes the extra mile and works very hard to help people who no longer have insurance apply for our financial aid/charity care provisions. Ginny is very kind and considerate and takes the time necessary to explain what is required to patients that are concerned about current or future bills and how it may affect their access to medical care and services.”

Congratulations to all of the Community Caring Award recipients!



Dr. Parul Sud graciously accepted a Community Caring Award from March Buren of Health Access.



“Shownn goes over and above in helping patients and families with three specialty clinics in our office...”

Shownn Blackmer receives a Community Caring Award from Marcy Buren of Health Access.



Presenting Ginny Heidenreich with her Community Caring Award is Marcy Buren of Health Access.

Community Connection

The Better Posture-Health Back Program

Wednesdays from Noon to 1:00 p.m.

McLaren Therapy Services Now Offering The Better Posture-Health Back Program

Individuals concerned about having better posture, or suffering from nagging back pain, osteoporosis or osteopenia can benefit from a new program offered through McLaren Wellness and Fitness. A six-week class called “The Better Posture-Health Back Program” is now available at McLaren’s Therapy Services facility in Flushing.

Participants will receive an individual assessment to record posture, balance, and range of motion both at the beginning and conclusion of the classes. The program will focus on therapeutic movement and postural education. Home exercises will also be encouraged. Annette Nickel, Physical Therapist, who is trained in osteoporosis management and therapeutic exercise, is the instructor.

The Better Posture-Health Program:

- McLaren Therapy Services – 2500 N. Elms Rd., Flushing
- Wednesdays from Noon to 1:00 p.m.
- Cost: \$40 for 6 sessions
- Class size is limited, pre-registration required.
- To register call (810) 342-5550

Classes are based on the Meeks Method for postural change designed by Sara Meeks, PT, GC.

Participants Needed For Heart Failure Study

Syed Ahmed, M.D., a cardiologist on staff at MRMC, is seeking qualifying patients to participate in a multinational, Duke Hospital based, study called the ASCEND Trial. A total of 7,000 patients are being enrolled nationwide. The ASCEND Trial compares the effects of Naseritide (Natreacor) with placebo in heart failure patients to study the long term effects of the drug as it relates to mortality and recurrent hospital admissions. Trial candidates must be screened within 24 hours of their hospital admission to be eligible to participate. The study is being conducted locally through the McLaren Research Institute.

Anyone who thinks they may have a qualifying patient is asked to contact the Research Institute at 342-4071. Research nurses Cindy Reichert-Brooks, RN; Tracy Martin, RN; or Kathy Wolowiec, RN, are also available to answer questions regarding the study.



Syed Ahmed, M.D.



Blood Drive

The American Red Cross invite all MRMC employees and visitors who qualify, to donate blood at the upcoming blood drive held in Ballenger Auditorium on Friday, August 22. Help us achieve our goal of 31 pints! ■

Mark Your Calendars!

Blood Drive August 22

Connection

A monthly publication for employees and friends of McLaren Regional Medical Center.

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