



WE'LL MEET YOU AT THE CORNER

QUARTERLY NEWSLETTER FROM HILLS & DALES GENERAL HOSPITAL | Fall 2016



Hills & Dales General Hospital's Ken Baranski, CFO, President and CEO Jean Anthony, and VP of Patient Services Jennifer TerBush

Coming Soon: The New and Improved Hills & Dales

Your hometown hospital is getting an extreme makeover! p. 5

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Jean Anthony
President and CEO

A MESSAGE FROM THE CEO

Grateful. When I think about Hills & Dales today, that is the word that comes to my mind. The year 2016 has been one of the busiest of my entire career. I am grateful to experience the level of exceptional patient care that we provide and to share in the exciting enhancements being made to Hills & Dales right now.

Since our July newsletter, we've:

- hosted our Golf Outing; our Pheasant Hunt; an open house for our new general surgeon, Dr. Jason Wells; a retirement party for Dr. Francis Ozim, who has finished his outstanding 14-year-career with us; and our 11th Annual Health Fair.
- welcomed three students from the CMU College of Medicine.
- made plans to break ground on one of the largest expansion and renovation projects in the history of Hills & Dales.

All of that has happened above and beyond what we are here to do: care for our patients! Our physician offices, After Hours Clinic, and hospital services continue to grow, and we are proud to provide exemplary patient care.

The word grateful for me encompasses many things:

- I am grateful for our patients who continue to choose us as their health care provider and recommend that others do the same.
- I am grateful for the employees, physicians, and nurse practitioners we have here, and for the great care that they provide to our patients.
- I am grateful to our Board of Directors who have given so many hours of their time to make sure we are financially stable and moving forward as a hospital.
- I am grateful to our community members for sharing the excitement with us as we undergo our construction project.

In a time when everything is changing, health care included, I am grateful to have the opportunity to move Hills & Dales into the future.

Jean Anthony
President and CEO

VISION
To be the premier
Critical Access Hospital
in Michigan

MISSION
To be the Provider
of Choice and the
Employer of Choice in
our primary markets

WE WANT TO HEAR FROM YOU!

Whether you call, write, send an email, or like us on *Facebook*, we welcome your feedback! Call Danielle Blaine, Director, Hills & Dales Foundation, and Director, Public Relations, Hills & Dales General Hospital, 989-912-6401, or email dblaine@hillsanddales.com. And visit us at www.hdghmi.org.



A Dedication to Patient Safety

Kingston Family Practice is accredited for perfect performance.

Because of its commitment to patient safety, Hills & Dales General Hospital's Kingston Family Practice earned accreditation from the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF). For 35 years, the AAAASF has been dedicated to ensuring that medical centers are following the highest patient safety standards.

In order to receive AAAASF accreditation, a center must be 100-percent-compliant with all safety standards. Kingston Family Practice passed inspection with flying colors on patient safety measures that included environment, general safety, blood and medication, medical records, quality assessment, and personnel.

Staff Physician Melanie Kramer, MD, notes, "I am extremely proud of our clinic staff members. We strive every day to ensure we are providing quality and safe patient care. The [accreditation] recognition shows the great work our team does for our patients."



Pamela Chambers, RN, Janelle Gorkowski, RN, Beth O'Parka, ER Registration, Meagan Fritz, ER Registration, Diane Howey, Director of Nursing, Michelle McKenney, RN, and Dr. Christopher Kreiner, Emergency Medicine, are members of the expert Hills & Dales Emergency Department.

HILLS & DALES TAKES THE "GOLD" IN CARDIAC CARE

The Emergency Department is recognized for its efforts in saving lives.

The American Hospital Association (AHA) honored Hills & Dales General Hospital with the Gold Achievement Award for its excellence in cardiac care. Hills & Dales was recognized as a result of its STEMI System of Excellence in the Emergency Department. The hospital instituted the system to care for individuals who are having active heart attacks caused by a blockage in a heart artery. In medical terms, a heart attack is known as an ST-segment elevation myocardial infarction or STEMI.

There are several qualifying measures that a hospital's STEMI system must meet in order to qualify for the AHA award. These include using a 12-lead EKG for patients older than 35 years of age who are experiencing chest pain and a time threshold for transferring patients having heart attacks

to the cardiac catheterization lab. Hills & Dales was successful in stabilizing and transferring heart-attack patients within 90 minutes in an overwhelming majority of cases it treated. The national benchmark is stabilizing and treating patients within 120 minutes, which Hills & Dales surpasses on a consistent basis.

A specially trained team of staff experts and a partnership with MMR (Mobile Medical Response), an emergency medical services transport provider, and Life Net "air ambulance" transport led to Hills & Dales earning the award.

"We had achieved the silver level of recognition last year, so to reach gold this year is really exciting for us," says Hills & Dales President and CEO Jean Anthony. "Working closely with our partners allows us to save lives. And that's what it's all about."

HILLS & DALES WELCOMES NEW GENERAL SURGEON



Jason T. Wells, MD



Incoming General Surgeon Jason T. Wells, MD, is shown with retiring General Surgeon Francis Ozim, MD. Dr. Ozim practiced for 14 years at Hills & Dales General Hospital.

Jason T. Wells, MD, joins Cass City Clinic.

With the retirement of Francis Ozim, MD, from Cass City General Surgery Clinic, Hills & Dales is pleased to welcome Jason T. Wells, MD, as the new general surgeon.

Originally from Battle Creek, Dr. Wells attended undergraduate and medical school at the University of Michigan. He has surgical experience through the Lahey Clinic in Burlington, Massachusetts, as a plastic surgery fellow and with the Greenville Health System in South Carolina.

Dr. Wells will continue to perform the same surgical procedures that Dr. Ozim offered, including upper and lower endoscopies, hernia repairs, gallbladder removal, breast biopsies, and appendectomies. Before Dr. Ozim officially retired, he worked alongside Dr. Wells to help him transition into his new role.

“We met and interviewed many general surgeons [to replace Dr. Ozim]. When we met Dr. Wells, we knew he was the perfect fit,” says Hills & Dales President & CEO Jean Anthony. “His background, clinical skills, work ethic, and friendly personality are exactly what we were looking for.”

Thank You, Dr. Ozim!

Francis Ozim, MD, a surgeon with Cass City General Surgery Clinic, has retired after 14 years of dedicated service with Hills & Dales General Hospital. Along with his wife, Margaret, Dr. Ozim will be enjoying a well-deserved retirement. A farewell party honoring Dr. Ozim was held in September.



Left: The new waiting and registration area of the hospital will feature more accommodating seating, a welcoming environment, and additional privacy measures.

Below: New private patient rooms will offer en suite bathrooms and space for overnight guests.



“UNDER CONSTRUCTION”

A new expansion project at Hills & Dales will improve service to the community.

After its original construction more than 56 years ago, Hills & Dales General Hospital is getting a facelift.

For over a year, a special committee has been working to develop a plan for the hospital’s future, including updates and an expansion. The committee identified three top priorities for the renovation project: improving patient rooms, moving the After Hours and Specialty Clinics to the hospital, and increasing patient privacy by ensuring that the registration area is staffed at all times.

The priority is renovating patient rooms, which will add 12 private rooms, each with an en suite bathroom and shower, and family-friendly space for individuals who would like to stay overnight to be with the patient. The renovated registration area will centralize the Emergency Room and Outpatient Registration, ensuring a more private registration process and a staff member who will always be available to help.

In addition to the primary projects, almost every aspect of Hills & Dales will be updated. For example, the layout of the inpatient floor will be reconfigured, as well as the physical therapy area, the nurse’s station, activities room, offices, and storage areas.

Hills & Dales will be adding an additional 25 feet of new clinic space to the front of the hospital, which will be directly accessible from the main entrance. And speaking of that main entrance, it soon will be showing off a fresh new canopy and an inviting new seating area in the lobby.

The lower level of the hospital will also see an expansion, providing a larger cafeteria with more dining options, additional seating, and a more welcoming environment. There will even be a new gift shop in the hospital, thanks to the Hills & Dales Auxiliary group.

The project is expected to take 18 months to complete after the spring 2017 ground-breaking.

HERE’S WHAT TO EXPECT FROM THE RENOVATIONS

If you’re wondering how the new hospital expansion project will benefit the community, here’s a short sampling of what to expect:

- 12 new private rooms with en suite bathrooms and more space for overnight guests
- On-site clinics so patients can walk down the hallway instead of driving across the street for necessary testing
- A new convenient hospital entrance and combined registration area
- 24/7 staff at the registration desk
- New dining options, an updated gift shop, and more

Hills & Dales Foundation Update

When fall arrives—before we get busy with the holiday season—I like to reflect on the year to date. From our Winter Fundraiser, to the Golf Outing and Pheasant Hunt, the Hills & Dales Foundation has been full of activity! And because of our generous supporters, we were able to fund requests from our hospital departments totaling just over \$22,000 for this year!

Thank you to our sponsors and golfers from this year’s golf tournament. For the first time, we were able to raise more than \$32,000! That’s a huge accomplishment! We made a lot of changes to improve the event, and I can’t wait to see it grow again next year.

By now you’ve read a lot about our construction project. I’m excited to think about what this means for our community. Hills & Dales has some of the best staff around and offers an enormous list of services. This project is only going to enhance the great care already happening here. If you feel that same excitement, perhaps you might consider giving to our Building Campaign. For information, contact me at 989-912-6401, dblaine@hillsanddales.com, or visit www.hdghmi.org and click on “Expansion Project.”



Danielle Blaine



Physical Therapists Karl Buche PT, DPT, and Kristi Howard PT, DPT, ATC, GCS, assist a patient with strength and balancing exercises.

WHAT'S NEW TO BENEFIT YOU

Hills & Dales Welcomes New Physical Therapists

Kristi Howard, PT, DPT, ATC, GCS, and Karl Buche, PT, DPT, have joined the team of expert physical therapists at Hills & Dales General Hospital.

After completing a physical therapy rotation at Hills & Dales through his program at Central Michigan University, Buche, who lives in Cass City, was hired as a therapist in June. Buche will be working at Cass City Center for Rehabilitation as well as Uibly Rehabilitation Clinic, so he will be seeing a wide range of patient ages and injuries.

Howard, who has been a physical therapist since 2011, has extensive experience and several specialty areas of

expertise, including a geriatric specialist certification. She will be dividing her time between working at Caro Rehabilitation Clinic and seeing patients in the hospital setting. Howard, who grew up in Cass City and is married and has two children, is excited to be back in the community.

“Our therapy staff is incredibly talented,” says Rehabilitation Department Director Dave Wohl. “We have great patient outcomes and 99.99 percent patient satisfaction scores. I can’t even express how incredibly fortunate we were to find two more therapists who would fit in seamlessly with our existing staff and provide the same high levels of care.”

TEAM EFFORT

The Physical Therapy Department staff works together to provide outstanding patient care.

New physical therapists Kristi Howard and Karl Buche have joined a professional team dedicated to serving patients both in the hospital and in the community. The Hills & Dales Rehabilitation Department takes a collaborative approach toward care, with the therapists splitting their time seeing patients inside the hospital and at outpatient clinics.

Physical therapists Kristin Hoard, PT, MPT, and Alex Keinath, PT, DPT, work at Caro Center for Rehabilitation, while Nikki Padden, PT, DPT, works at Cass City Outpatient Clinic. Deb Doherty, PT, PhD, CEAS, serves as the oncology rehab specialist for Hills & Dales, working at the Caro and Cass City clinics.

The Hills & Dales physical therapists are grateful for the occupational therapists on staff who provide patient care. Katie Burgett, OT, focuses on outpatient care at the Caro and Cass City clinics, and Aimee Hennessey, OT, is the swing bed coordinator, focused on in-patient care within the hospital.

HEALTHY YOU!

HAVE YOU SCHEDULED YOUR FREE WELLNESS VISIT?

You may be eligible for a check-up with no co-pay.

If you have Medicare Part B, you’re eligible to receive a free once-a-year Wellness Visit without incurring a co-pay.

A Wellness Visit is not a physical exam, but it is a preventive health screening that will help you and your doctor stay in communication about your health care needs and update your medical history as needed. Your first Wellness Visit is scheduled one year from your “Welcome to Medicare visit.”

During your visit, your doctor will screen you for important health concerns such as depression, diabetes, brain health, fall risk,

hearing, blood pressure, and changes in weight and height. To your appointment, you should bring a list of all of your current medications and doctors that you are seeing for any health problems.

Your Wellness Visit doctor also will make sure that you are receiving any recommended health screenings for your age group. Potential screenings include prostate, eye, bone density, vaccine updates, breast, and colonoscopy. For more information or to set up your Wellness Visit, call your Hills & Dales Clinical Coordinator at 989-912-6436.

TRADITIONAL SHEPHERD'S PIE GETS A SHAKE-UP

Go meatless with this twist on a hearty favorite.

By Koree Muska, RD
Hills & Dales



- 1 tablespoon vegetable oil for greasing pie pan
- 1 tablespoon olive oil
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 2 stalks diced celery
- ½ cup chopped carrots
- ¾ cup frozen corn kernels, thawed
- ½ teaspoon dried thyme
- 1 teaspoon Italian seasoning
- 3 tablespoons flour
- 1 14-ounce can vegetable broth
- 1 15-ounce can black-eyed peas, rinsed and drained
- 2 cups prepared mashed potatoes

Preheat broiler to high. Coat pie pan with olive oil; set aside.

Sauté onion and garlic in oil in skillet, adding celery, carrots, and 1 tablespoon of water.

Cover skillet for 3 - 5 minutes until celery and carrots are softened.

Stir in corn, thyme, and Italian seasoning, cooking for 2 minutes. Sprinkle with flour and stir to blend.

Add broth; bring to simmer, stirring for 1 minute. Add peas, and cook until mixture thickens.

Transfer to prepared pie pan; top with potatoes. Broil for 8 - 10 minutes or until browned, rotating dish halfway through cooking time. Serves 4.

Nutritional information per serving: Calories: 215, Fat: 4 g, Protein: 7 g, Carbohydrates: 39 g, and Fiber: 7 g.

CLINIC LOCATIONS

Expert Care...Close to You

Hills & Dales After Hours Clinic
4672 Hill St, Cass City
989-912-6114
Mon-Thurs: 5 - 9 p.m.
Fri: 1 - 9 p.m.
Sat: 9 a.m. - 2 p.m.
Sun: 11 a.m. - 4 p.m.

Hills & Dales Center for Rehabilitation
6190 Hospital Dr, Cass City
989-872-2084
1186 Cleaver Rd, Caro
989-673-4999
2201 Main St, Uibly
989-658-8611

Hills & Dales Orthopedic Clinic
6190 Hospital Dr, Ste 104, Cass City
Richard A. Moyer, DO
989-912-6115

Cass City Family Practice
6190 Hospital Dr, Ste 106, Cass City
Surendra Raythatha, MD
989-872-5010
Donald H. Robbins, Jr., DO
Marie Haverkamp, FNP-C
989-872-8303

Hills & Dales General Surgery
6190 Hospital Dr, Ste 107, Cass City
Jason T. Wells, MD
989-872-5582

Cass City Medical Practice
4674 Hill St, Cass City
Richard Hall, DO
John Bitner, MD
Marlene Schank, MSN, FNP-BC
989-872-8202

Family Healthcare of Cass City
6230 Hospital Dr, Cass City
Melanie Kramer-Harrington, MD
Kim Knoll, RN
989-872-2410

Thumb Pediatrics
6190 Hospital Dr, Ste 105, Cass City
Nancy Wade, MD
Darcy Schlund-Tenbusch, FNP-BC
Andrea Mosher, CPNP
989-872-8503

Kingston Family Practice
5854 State St, Kingston
Melanie Kramer, MD
Erica Knoerr, NP
989-683-8065

Uibly Medical Clinic
2254 Main St, Uibly
Candelaria Castaneda, MD
Angie Weber, NP-C
989-658-9191

Hospital Drive Pharmacy
An Affiliate of Hills & Dales General Hospital
6190 Hospital Dr, Cass City
989-912-6061



An Affiliate of Covenant HealthCare

“WE’LL MEET YOU AT THE CORNER”

Hills & Dales General Hospital
4675 Hill St
Cass City MI 48726



Conveniently pay your Hills & Dales bill online!

Visit www.hdghmi.org/bill-pay/ or call 989-912-6237 for more information.

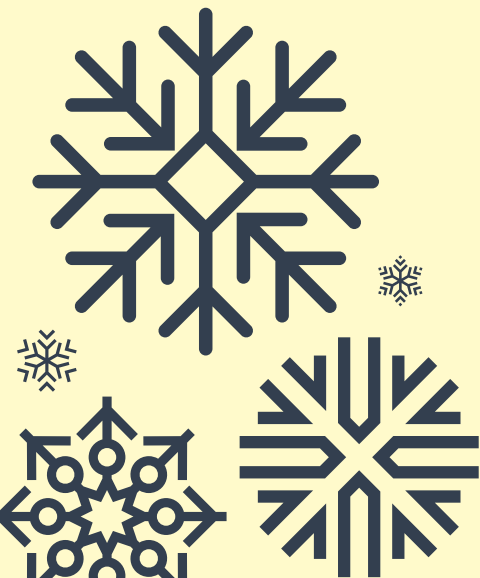
COMMUNITY CALENDAR

Featured Event

Save the Date

18th Annual Winter Fundraiser
Hosted by the Hills & Dales
Foundation
Saturday, February 18, 2017
7 - 11 p.m.
Northwood Meadows
Cass City

For additional information, contact
Foundation Director Danielle Blaine,
989-912-6401, or dblaine@hillsanddales.com.



Don't Miss Out on These Fall Events

October

October 20

Better Breather's Club. Conference Room 1, 5:30 - 6:30 p.m. All are welcome. Education topic: "Flu and Pneumonia Prevention" presented by Angie Titus, RN. Call Brenda at 989-912-6292.

October 20

Diabetes Support Group. Conference Room 2, 2 p.m. Caregivers, friends, family, and companions welcome. Call Kathy at 989-912-6365 for more information.

November

November 9

Cancer Support Group for the Tri-County Area. Conference Room 2, 4:30 - 6 p.m. Survivors, caregivers, friends, family, and companions welcome. Contact Deb at 989-673-4999 or social workers at 989-912-6319.

November 17

Better Breather's Club. Conference Room 1, 5:30 - 6:30 p.m. All are welcome. Education topic "Diet and Nutrition: How Should I Eat with COPD?" presented by Koree Muska, RD. Call Brenda at 989-912-6292.

November 17

Diabetes Support Group. Conference Room 2, 2 p.m. Caregivers, friends, family, and companions welcome. Call Kathy at 989-912-6365 for more information.

December

December 14

Cancer Support Group for the Tri-County Area. Conference Room 2, 4:30 - 6 p.m. Survivors, caregivers, friends, family, and companions welcome. Contact Deb at 989-673-4999 or social workers at 989-912-6319.