“It Was a Blessing for Us.”

One couple is grateful for expert surgical care close to home at Hills & Dales General Hospital  p. 5

Don and Marcia Glaza
As you read through this edition of *We’ll Meet You at the Corner*, you’ll notice a theme: new services for our patients. From our new Swing Bed Unit to our Kingston office, and a specialty concussion treatment program, we are growing! We’re thrilled at the opportunity to bring you these close-to-home services.

Nationwide, we’ve all been hearing headlines about the Affordable Care Act. We never know what will change from day to day, but we’ll continue to do our best to help you understand and navigate changes. As we gear up for the 2016 presidential campaign, we know health care will be a hot topic. Be assured, we’ll continue to work closely with our elected officials to keep the best interest of our patients in mind.

And, of course, fall means back to school. It won’t take long for your child or grandchild to catch a nasty bug. Our After Hours Clinic is open seven days a week for your convenience, with extended hours on Fridays (1 - 9 p.m.) and Sundays (11 a.m. - 4 p.m.). If you find yourself with a sick child at home, we’re here for you when you need us. Be sure to watch for more information in the near future about the flu shot and pneumonia vaccine!

Finally, I encourage you to take a look at our new website ([www.hdghmi.org](http://www.hdghmi.org)). Our staff has updated the site with page after page of useful health information. While visiting the site, check out the Calendar of Upcoming Events and our News Section for all the latest that’s happening at Hills & Dales.

It’s hard to believe it’s fall already. We’ve had a lot of exciting things happening at Hills & Dales in 2015, and we thank you for your loyalty to our hospital and providers. It’s because of each patient that uses Hills & Dales that we continue to grow and advance. We look forward to serving you for many years to come.

Jean Anthony
President and CEO
Earlier this year, Hills & Dales General Hospital was happy to honor three of its distinguished physicians at the annual medical staff dinner. The awards were presented to Surendra “Dr. Ray” Raythatha, MD, Richard A. Hall, DO, and Francis T. Ozim, MD, for their commitment to community-wide service to Hills & Dales over the years.

Chief of Staff Donald H. Robbins, Jr., DO, presented the awards, including a special tribute letter signed by State Representative Edward Canfield, State Senator Mike Green, Lieutenant Governor Brian Calley, and Governor Rick Snyder.

“It is a great pleasure and privilege to honor Dr. Francis Ozim, Dr. Richard Hall, and Dr. Surendra Raythatha for their hard work and dedication to Hills & Dales General Hospital in Cass City,” a letter honoring the award recipients read. “These individuals have a true commitment to the community and its people, through providing outstanding health care.”

The letter recognized that nothing is more important than the service of those dedicated to the health of the community in times of need. “We are very fortunate to have such caring, compassionate, and experienced individuals within our community,” the political officials wrote.

Dr. Robbins noted, “As part of the Hills & Dales General Hospital staff, these three doctors continue to give their time and skills to better the health of our community members. These awards show the doctors how much their dedication is appreciated.”

Incredibly, three physicians recently honored with the Lifetime Achievement Award have a combined total of 115 years of medical practice to their names. Dr. Raythatha leads the trio in experience, with 48 years as a physician. He started his career by graduating from medical school in India in 1969. Dr. Hall and Dr. Ozim add their own wealth of experience, having practiced for 38 and 33 years, respectively. All three doctors have treated and cared for thousands of patients, all while remaining active members of the Cass City community and serving in countless ways outside of the office as well.
The Kingston Family Practice office moved to a new location to offer patients a more efficient and private patient care experience. Since the original practice opened in May 2013, it has grown substantially, prompting the need for a larger, more accommodating office space. Patients can continue to use Kingston Family Practice for all of their family's health care needs, all while enjoying a more comfortable office area. The new location offers a private registration and check-out process, and the increased space provides the opportunity for more patients to be treated on a daily basis.

Physician Melanie Kramer, MD, and Nurse Practitioner Erica Knoerr, who recently joined the practice as a full-time staff member, have moved to the new location. The updated office is accepting new patients.

We have so much to be grateful for here at the Hills & Dales Foundation. This year has been one of our most successful in terms of fundraising, and we owe our contributors a great big thank you!

We’re especially grateful for this year’s golf sponsors and teams. They helped us to raise $28,500 from our 17th Annual Golf Outing! The event took place in July, and we’re still buzzing about what a great day it was and how generous our supporters are. So, to each of you, thank you!

Businesses and community members alike get asked daily to support causes, events, benefits, etc., and it’s difficult to decide where to give your donation. We want you to know that we understand that you could give anywhere, and we truly appreciate that you’ve chosen to give to the Hills & Dales Foundation.

Each year we’re able to assist hospital departments with the purchasing of new equipment or updating their areas—and this is because of you. *Every* contribution we receive makes a difference. Thank you for your continued support!

- Danielle Blaine, Director, Hills & Dales Foundation

**FAST FACTS about the New Kingston Family Practice Location**

- The new Kingston Family Practice is located at 5854 State Street in Kingston.
- Individuals familiar with the area may recognize the building as the former Independent Bank.
- The office will be open Monday through Friday, 8 a.m. to 5 p.m.
- The phone number of the clinic remains the same, and patients can call 989-683-8065 to schedule appointments.
IS THE SWING BED UNIT RIGHT FOR YOU?

Patients with medical conditions or health situations such as recent surgery, joint replacement, and respiratory infection, or requiring wound care, extended IV antibiotic therapy, or physical therapy may be candidates for admittance to the Swing Bed Unit. All patients are evaluated on an individual basis and work with Hills & Dales staff to coordinate care with their insurance providers.

“HIPSTER” TAKES ON A WHOLE NEW MEANING

From hip to knee replacements, Hills & Dales takes orthopedic care to the next level

When Don Glaza, a 78-year-old retiree from the Huron County Road Commission, was scheduled to undergo hip replacement surgery at Hills & Dales General Hospital, he knew one thing for sure: He would be leaving the hospital as soon as possible.

“I told my wife there was no way I was staying in the hospital longer than I needed to,” Glaza says, “but she told me otherwise.”

As can be the case with most wives, Glaza’s wife, Marcia, proved to be extremely wise: She encouraged her husband to stay in the new Swing Bed Unit at Hills & Dales following his surgery.

“Normally, after a surgery like a hip replacement, a patient would leave the hospital and have physical therapy come to their home,” explains Registered Nurse Norma Abbott. “But here at Hills & Dales, patients have the option of staying right in the Swing Bed Unit.” Abbott says that patients recovering from surgeries or any condition that requires a little bit more time to recover can benefit from staying in the home-like atmosphere of the Swing Bed Unit. It has all the benefits of the hospital, such as emergency care, RNs, LPNs, nurse aides, and a full range of therapy services available to patients.

Much to his surprise, Glaza found that he really enjoyed his time in the Swing Bed Unit. “I would have breakfast, then do some activities, rest, have lunch, have physical therapy, and watch the Tigers after that,” Glaza says of his time there. “The hospital was impeccably clean, all of the staff was great, the activities were fun, and I healed very quickly.”

Glaza is happy to report that his quality of life vastly improved with his hip replacement. “I could barely move before I got it done (had the surgery),” Glaza says. “I can move so much easier, and there is no pain. I can do almost everything I want, like mow the lawn, hunt, or go for walks.”

In the end, both Glaza and his wife are thankful for the surgical capabilities available locally at Hills & Dales—and the post-surgical care that made it possible for him to (literally) get back on his feet. “It was a blessing for us,” he says.
WHAT’S NEW TO BENEFIT YOU

Hills & Dales welcomes a pain management physician to the Specialty Clinic

Dealing with acute or chronic pain is a burden that affects everything about daily life, and individuals looking to manage their pain symptoms now have the option to be treated close to home. As part of its Specialty Clinic, Hills & Dales is pleased to introduce Naeem Haider, MD, who sees patients onsite as well as performs pain procedures in the operating room.

Dr. Haider currently practices at Huron Medical Center in Bad Axe, and comes to Hills & Dales with 17 years of experience. He is board certified in anesthesiology and pain management by the American Board of Anesthesiology. His training includes a fellowship at the Cleveland Clinic Foundation, specializing in pain management.

Dr. Haider, as a specialist clinician, is committed to working with anyone experiencing acute or chronic pain, which is any pain lasting more than three months. He will work alongside individuals and their primary care doctors to control, reduce, or eliminate pain. He treats pain related to:

- Headaches
- Back, neck, and shoulder pain
- Body and surface pain
- Phantom limb sensations and pain
- Shingles
- Work-related injuries
- Neuropathic pain (chronic pain as a result of an injury to the nervous system)
- Spinal stenosis
- Complex regional pain syndrome
- Degenerative disc disease
- Degenerative joint disease

CUSTOMIZED CARE

Hills & Dales Specialty Clinic offers conveniently located expanded medical services

In addition to the full range of medical care that Hills & Dales offers for families and individuals of all ages, every month the hospital is proud to bring specialty doctors onsite through the Specialty Clinic.

Instead of asking patients to drive a far distance for specialty care, specialty doctors travel to a clinic at Hills & Dales to make their services available to patients locally. Some of the specialties offered include cardiology with Mayar Jundi, MD, of Covenant Heart Specialists, kidney care with Omar Abu-Romeh, MD, of Dialysis Associates, cardiology with Jeffery Carney, MD, of the Michigan Cardiovascular Institute, OB/GYN services with Christopher Oravitz, MD, of Women’s Specialists, and neurology with Frank Schinco, MD, of Covenant Neurosurgery.

The Specialty Clinic is located at 4672 Hill Street in Cass City. A full list of specialty physicians can be found on the Hills & Dales website, www.hdghmi.org, along with an updated calendar for specialty service offerings.
**HEALTHY YOU!**

**HEADS UP TO SAFETY**

A concussion is more than a bump to the head

With fall football season in full swing, it’s important to be on the lookout for concussions in young athletes on the field. Scott Oikarinen, MSA, AT, and Kingston High School athletic trainer, observes that during varsity football season alone, he typically evaluates 15-20 young athletes for concussions.

The majority of concussions occur without the individual losing consciousness, and even a mild “bump” to the head can cause a very serious concussion. “Some typical signs of a potential concussion include headache, blurred vision, balance impairment, sensitivity to light, difficulty recalling recent events, and an upset stomach,” explains Oikarinen. He also notes that personality changes and vomiting can occur later in the progression of symptoms.

All athletes with a suspected concussion need immediate medical attention, but if symptoms become worse or if vomiting occurs, a trip to the ER will be necessary. Players should not return to play until they have been evaluated by a health care professional. Parents should also closely observe their athletes after any blow to the head or body and encourage them to report any symptoms, as children are often reluctant to stop their playing time.

To prevent concussions, Oikarinen notes that any protective equipment, such as helmets, should be worn and properly fitted.

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**BUTTERNUT SQUASH AND BEAN SALAD**

You’ll “fall” for this smoky and sweet fall salad

4 cups ½-inch cubed butternut squash, cooked  
1 tablespoon olive oil  
2 tablespoons red wine vinegar  
2 tablespoons honey-mustard dressing  
1 tablespoon adobo sauce  
2 garlic cloves, thinly sliced  
1 (15-ounce) can no-salt-added black beans, rinsed and drained  
1 (9-ounce) package baby arugula  
½ cup (2 ounces) crumbled goat cheese

Combine olive oil, vinegar, dressing, and adobo sauce in a bowl. Sauté garlic, add squash and beans, and stir mixture into dressing; toss to coat. Spoon onto arugula; sprinkle with cheese.

Calories: 369  
Fat: 20.1 g  
Protein: 10.7 g  
Carbs: 39.8 g  
Sodium: 544 mg

*Adapted from www.myrecipes.com*
COMMUNITY CALENDAR
Don’t Miss Out on These Fall Events!

Featured Event
Annual Women’s Wellness Health Fair
Saturday, October 10
8 a.m. - 1 p.m.
Hills & Dales General Hospital

Featuring special speakers discussing women’s health issues, numerous vendors and agencies, health screenings, and more.

For additional information, contact Kathy Dropeski at 989-912-6365, or email kdropeski@hillsanddales.com.

September 2015
September 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. Speaker TBD.

September 14, 21, and 28
Freedom from Smoking (Smoking Cessation). Conference Room 1, 5 - 7 p.m. Eight-week session. Contact Brenda at 989-912-6292 to register.

September 17
Free Diabetes Support Group. Conference Room 2, 2 - 3 p.m. Contact Kathy at 989-912-6365 for more information.

October 2015
October 5, 7, 12, 19, and 26
Freedom from Smoking (Smoking Cessation). Conference Room 1, 5 - 7 p.m. Eight-week session. Contact Brenda at 989-912-6292 to register.

October 10
Annual Women’s Wellness Event. At the hospital, 8 a.m. - 1 p.m. Health screenings, vendors, speakers, and more.

October 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. Speaker TBD.

October 15
Free Diabetes Support Group. Conference Room 2, 2 - 3 p.m. Contact Kathy at 989-912-6365 for more information.

October 15
Better Breather’s Club Featuring Elaine Ewald, RN, on Palliative/Hospice Care. Conference Room 1, 5:30 - 6:30 p.m. Contact Brenda at 989-912-6292 for more information.

November
November 11
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. Speaker TBD.

November 19
Free Diabetes Support Group. Conference Room 2, 2 - 3 p.m. Contact Kathy at 989-912-6365 for more information.

November 19
Better Breather’s Club Featuring Attorney Rachel Pelto on Estate Planning & Advanced Directives. Conference Room 1, 5:30 - 6:30 p.m. Contact Brenda at 989-912-6292 for more information.