



WE'LL MEET YOU AT THE CORNER

QUARTERLY NEWSLETTER FROM HILLS & DALES GENERAL HOSPITAL | Summer 2015



Ron and Sue Pawloski

A Husband-and-Wife Team at Hills & Dales Retires

Ron and Sue Pawloski embody the family atmosphere of our community hospital p. 5

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Jean Anthony
President and CEO

A MESSAGE FROM THE CEO

Sometimes I wish there was a magic button to make time slow down. It's June already! It seems like we were just in the trenches of a cold, snowy winter—yet here we are, halfway through another year.

We've had a lot of excitement at Hills & Dales in the past few months. You should know that our hospital board of directors does a tremendous job of supporting me, the physicians, and staff. The board members are committed, active, engaged, and are one of the reasons why Hills & Dales is moving forward in such an exciting manner!

We're now able to provide another great service to our community members: We're accepting Swing Bed patients. The Swing Bed Program helps with additional care that a person might need before he or she goes home after a hospital stay. Our hospitalist program will oversee these patients, and the comprehensive team includes physicians, nurses, physical therapists, occupational therapists, nutritionists, and social workers. These team members will make sure patients are taken care of and on their way home quickly!

We're also in the middle of moving our Kingston Family Practice to a new building. When the renovations are complete, Dr. Kramer and the staff will be anxious to show you the new clinic! Be sure to look for dates of an open house soon. We know this move will allow Dr. Kramer to continue her excellent care in a space that is more comfortable for her patients.

Also, we're gearing up for our Annual 5K/8K Race and Golf Outing. Be on the lookout for more details about both events. Summer activities keep everyone busy; we hope you will join us for some of ours!

We know there isn't a magic button to slow down time. And in the health care arena, change is a constant. We appreciate your confidence in our care and are proud to continue offering quality care close to home. Our patients will always remain our top priority. You can be assured we'll be here to serve you and your needs.

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.





Do I Qualify?

Could you or your loved one benefit from the Swing Bed Program?

Admittance into the Swing Bed Program is handled on an individual basis, with all patients evaluated to see if the program will help them reach their recovery goals. Some of the most common types of situations for patients to visit the Swing Bed Program include:

- Recovering from recent surgery
- Rehabilitation after a joint replacement
- Following a respiratory infection
- Wound care
- Extended IV antibiotic therapy
- Physical reconditioning

Program coordinators will work with you and your insurance company to gain approval for you to be admitted to the unit.

For more information about the Swing Bed Program, or to find out if you or a loved one qualifies, please call 810-969-5306.



The Swing Bed Unit helps patients transition from hospital to home with health care specialists offering personalized care, such as therapy, to improve mobility.

“SWING” INTO EXTENDED CARE

The step-down care unit at Hills & Dales helps patients transition from hospital to home

For patients who are ready to leave the hospital but still need a little extra care not available at home, Hills & Dales offers the Swing Bed Unit. “Swing beds” are skilled nursing beds located within the hospital for individuals who are continuing to recover but no longer need an acute hospital setting. Patients recovering from severe illnesses or injuries may need extended physical therapy or wound treatment, and swing beds allow convenient care by merging home and hospital care.

Many patients go right from the acute care facilities at Hills & Dales to the Swing Bed Unit—without ever leaving the hospital. Other patients transfer into the Swing Bed Unit from larger hospitals (e.g., Covenant HealthCare, McLaren Bay Region, etc.) before going home. Everything that is available at the hospital is also conveniently available in the Swing Bed

Unit. It allows patients access to all the help and resources they need, and with just a little more time to heal.

With the goal of helping patients to successfully return home, the Swing Bed Program is designed to help increase independence. Experts from all areas, such as physical therapy, occupational therapy, speech therapy, nutrition services, pulmonary/respiratory therapy, social work, and case management, work to create an individualized plan to help patients get back to their normal activity levels before they return home. Patients in the Swing Bed Unit are even encouraged to wear their own clothing to be as comfortable as possible.

Family and caregivers can also receive education from the trained staff of the Swing Bed Unit on how to properly care for their loved ones at home.

HILLS & DALES AND YOUR FAMILY

Hospital-wide initiatives accommodate families with children

Hills & Dales General Hospital was proud to receive the Family Friendly Business Award from Great Start Tuscola County this year. The award recognizes the community atmosphere that the hospital provides to patients and their families.

“We were very excited to be recognized for our efforts by the Great Start Collaborative of Tuscola County,” says Jean Anthony, CEO of Hills & Dales General Hospital.

This award is presented annually to a business that has gone above and beyond to make its work environment family-friendly.

To qualify for a Great Start Tuscola Family Friendly Business Award, an organization needs to meet at least four of the following criteria:

- Reserved parking for expectant moms and/or families with young children
- Automatic doors
- Hand sanitizer/wipes available
- Wide aisles for strollers
- Low-level sinks or foot stools
- Family restrooms and changing tables
- Community giving
- Child entertainment areas

“Our patients, from newborn to elderly, are our top priority,” Anthony explains. “We look forward to continuing our service to the community as a family-friendly business.”



Jean Anthony, CEO of Hills & Dales General Hospital, accepts the Family Friendly Business Award the hospital received from Great Start Tuscola County.

5 Facts About Hills & Dales Family-Friendly Amenities

Some of the specific family-friendly features you will find around Hills & Dales include:

- Play areas with washable toys in the ER, lab, X-ray, and family lounge
- Toys and books for children in all waiting rooms
- Wide aisles for strollers
- A welcoming staff
- Family restrooms

Hills & Dales Foundation Update

We all have busy lives. Between work, caring for children, and other daily tasks, it's hard to take a minute to slow down and appreciate the small things in our life. It may be as simple as being grateful for the wonderful care that is provided to your family by your primary care physician. Perhaps it's for the positive experience you had at the hospital when you had bloodwork completed.

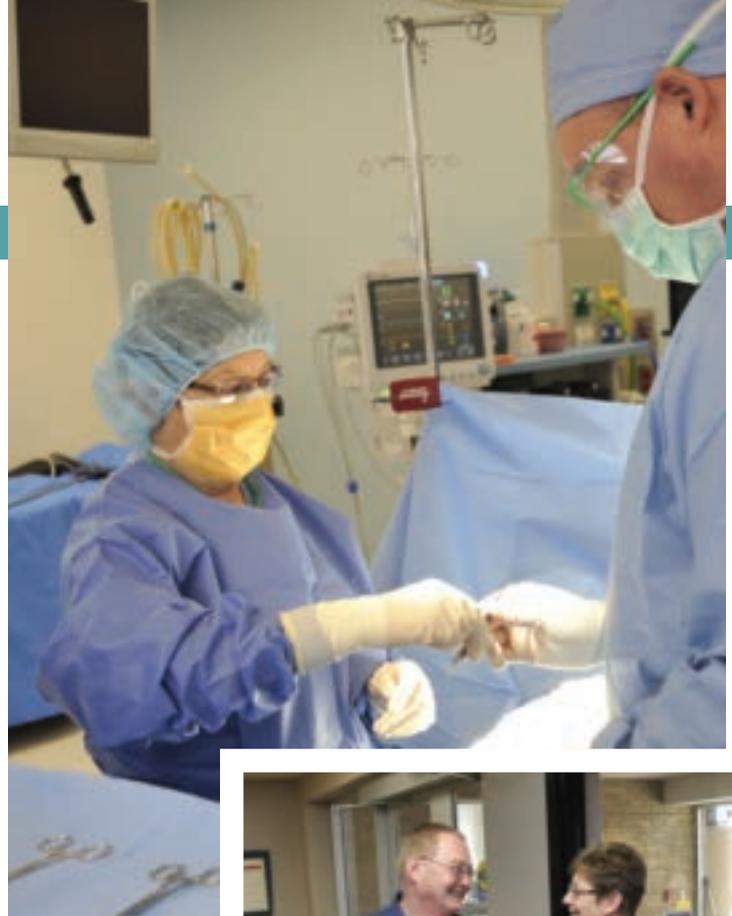
We don't often think about what it would be like without a hospital nearby, or without physician clinics where we need them. It's important to recognize how convenient it is not to have to travel a greater distance to access top-quality medical services. When we look at it that way, we may find ourselves thankful for excellent medical care close to home.

The Hills & Dales Foundation enables the hospital to continue providing outstanding patient care. Through purchases of updated technology and state-of-the-art equipment, both big items and small, we work to ensure we're ready to serve our patients. Donations to the Hills & Dales Foundation make a huge impact on what can be purchased and updated. If you're happy with the care you receive, consider making a donation—so that you can be confident other patients and future generations will receive that same expert care.



~ Danielle Blaine, Director, Hills & Dales Foundation

Danielle Blaine



Above: Facility Coordinator Ron Pawloski works in the boiler room.
Above, right: Sue Pawloski, LPN, assists with a surgery at Hills & Dales General Hospital.

A HUSBAND-AND-WIFE TEAM RETIRES FROM HILLS & DALES

After careers spent serving, Ron and Sue Pawloski are headed into the golden years

One of the greatest strengths of Hills & Dales General Hospital is its small, family-like atmosphere. And husband-and-wife team Ron and Sue Pawloski are two employees who certainly know the importance of a family establishment.

The Pawloskis, who have been married almost 28 years, are Hills & Dales employees who have remained dedicated to the hospital—and each other.

Sue started as a candy striper in 1963, which began her life-long career. “My dream then was to return to the hospital as a nurse,” she explains. After working in different departments at Hills & Dales, she realized her dream and became an LPN in 1979. She moved into the surgical department as a technician. Over the course of her years of service, Sue says she has most enjoyed “being part of the team.”

Sue’s husband, Ron, came to Hills & Dales when his former employer’s business closed after Ron had served 33 years.

He began working in the custodial and maintenance departments before becoming facility coordinator. Ron notes that he loves the camaraderie of working at Hills & Dales, with fellow staff members being “like family” to him. “[I enjoy] joking with the doctors,” he laughs. “They expect it from me, and I love it!”

Of his co-workers, Ron says, “You couldn’t ask for a better group of people.” Ron’s “better half” would have to agree. “Hills & Dales employees are like one big happy family,” Sue says. “They come together and help where and when needed.”

Although Ron and Sue will miss working with patients and their co-workers, they are looking forward to life as a retired couple. Sue hopes to spend time with her husband on their new boat. And as for Ron? “I’m especially looking forward to spending all my time with Sue, traveling, or just sitting around getting older together,” he says.

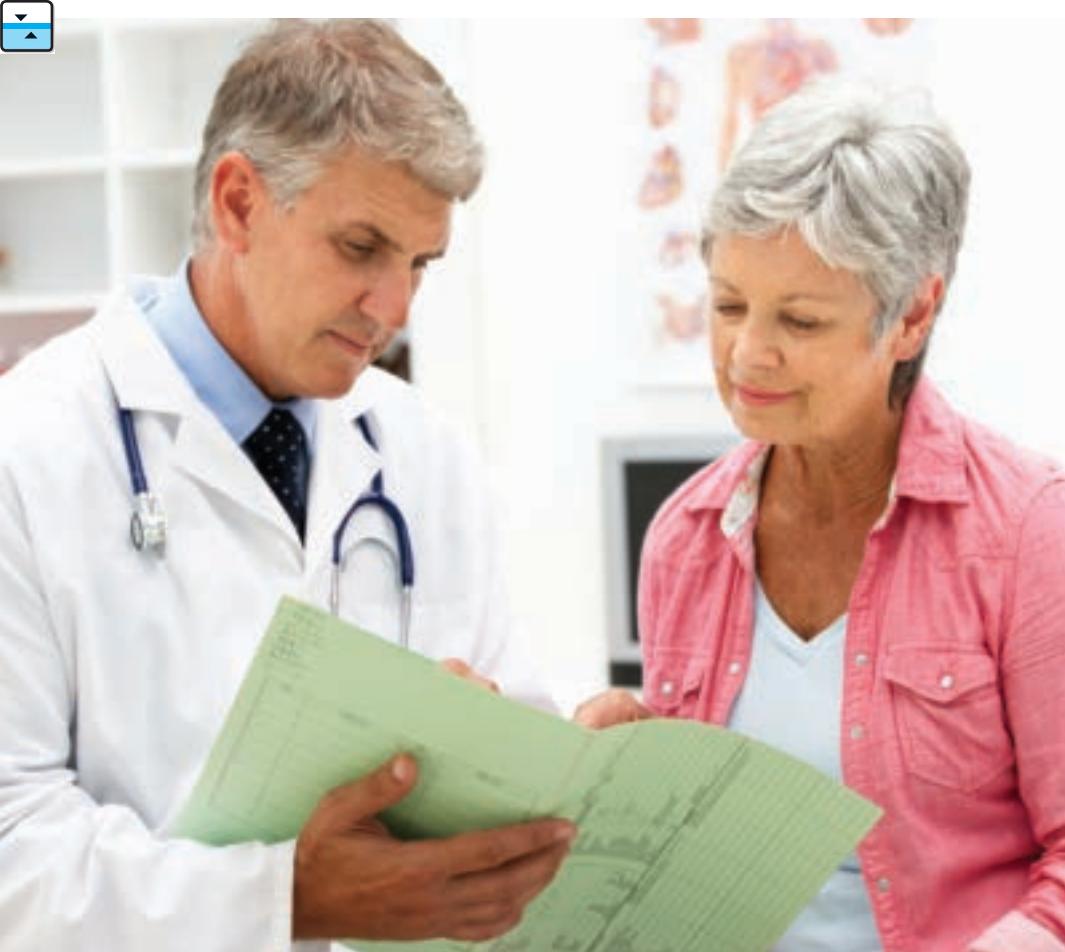
Best wishes for a happy retirement, Ron and Sue!



Husband and wife Ron and Sue Pawloski, both employees of Hills & Dales, are set to retire after years of serving their community.

HILLS & DALES IS A FAMILY ESTABLISHMENT—LITERALLY

In addition to being the largest employer in Cass City, with 250 employees, Hills & Dales General Hospital just may be the largest “family” business, too. While many staff members may treat each other like family, many are actually related. Hills & Dales boasts seven married couples, 11 parent-child duos, and even multi-family members on staff.



The doctors at Hills & Dales work carefully with patients to determine if a continuous blood sugar monitor is the right diagnostic tool.

WHAT'S NEW TO BENEFIT YOU

Continuous blood sugar monitors may offer better control for diabetic patients

If you are looking for a new and improved way to manage your diabetes, a continuous blood sugar monitor, available at Hills & Dales, may be right for you.

To qualify for the monitor, an individual will need a physician referral and a meeting with Hills & Dales Diabetes Educator Kathy Dropeski, RN, BSN, CDE, to complete a continuous glucose monitor study. For the study, patients will wear the glucose monitor to accurately track their blood sugar levels over a three-day period. The monitor is small and lightweight and can be worn discreetly during normal, daily life. At the end of the study, the information from the device is

downloaded and given to the ordering physician.

"A continuous glucose monitor study is especially useful for Type 1 or Type 2 diabetes patients who are not at their treatment goal, those who have wide swings in their blood sugar levels, and those with frequent hospitalizations and complications from diabetes," explains Dropeski.

Medicare will cover a continuous glucose monitor study for patients with Type 1 or Type 2 diabetes every six months. Patients with other types of insurance should check with their carriers. To learn more or set up a continuous glucose monitor study, call the Diabetes Education Program at 989-912-6365.



THE BETTER BREATHERS CLUB

Breathe easier with a support group at Hills & Dales

If you or someone you love has a chronic lung condition or other breathing disorder, the Better Breathers Club at Hills & Dales General Hospital may be able to help. The club's purpose is to support patients with chronic lung conditions such as asthma, COPD, lung cancer, and pulmonary fibrosis—and to support family, friends, and caregivers as well.

The club meets monthly in Conference Room 1 at the hospital, from 5:30 - 6:30 p.m., with different speakers presenting a variety of topics. The remaining 2015 dates are:

July 16: "Staying Active with Exercise" – Brenda McComb, RT
August 20: "Anxiety & Depression" – Kerry Brown, Social Worker
October 15: "Palliative/Hospice Care" – Elaine Ewald, RN
November 19: Estate Planning & Advanced Directives" – Rachel Pelto, Attorney, Biddinger & Bitzer

All meetings will focus on treatment, self-care, coping skills, treatment options, and emotional support for patients and their loved ones. An informative, take-home monthly newsletter is included. To join the Better Breathers Club, or to learn more, contact Brenda McComb, RRT, at 989-912-6292.



The family that wears helmets together, stays safe together.

SMART SPINNING

Helmet safety is a must if you're taking your bike out for a spin this summer

Times have changed since the freewheeling bike rides of our childhood. These days, safety is always in style, and as you and your family hit the roads or the trails this summer, be sure you are protected.

A 2003 survey by the CDC found that almost half of children ages 5 - 14 do not wear helmets while cycling. And every year, 26,000 children and adolescents are treated in the ER with traumatic brain injuries that are bicycle-related.

Wearing a helmet while riding a bike has been found to reduce overall head injuries by 60 percent and fatalities by about 73 percent in children.

Follow these tips from the U.S. Consumer Product Safety Commission (CPSC) for bicycle helmet safety:

- Helmets should be snug but comfortable.
- Helmets must have a secure chinstrap and buckle. Test the buckles and straps by twisting and pulling to ensure they will stay fastened.
- Helmets should be worn level on the forehead and not tilted backwards.
- Chinstraps should be adjusted correctly and firmly buckled.

When purchasing a helmet, choose one with a label that states the helmet meets CPSC standards for bicycle helmet safety.

GREEN GOODNESS

This powerful smoothie packs a punch of veggies, chocolate, and cinnamon

by Sarah Zmierski, B.S., Dietetics



- 1 frozen banana
- 1 handful of fresh or frozen spinach
- ¼ avocado
- 1 - 2 tablespoons unsweetened cocoa powder
- 1 teaspoon cinnamon
- ½ cup milk (soy, almond, etc.)
- 1 tablespoon raw honey (optional)

Add all ingredients to a blender and blend until smooth.

Nutritional information, per serving: 213 calories, 5g protein, 40g carbohydrates, 10g fiber, 8g fat.

CLINIC LOCATIONS

Expert Care...Close to You

Hills & Dales After Hours Clinic

4672 Hill St, Cass City
989-912-6114
Mon-Fri: 5 - 9 p.m.
Sat: 9 a.m. - 2 p.m.
Sun: 2 - 6 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, Ubley
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
989-872-8303
Angela Zaucha, FNP-BC

Hills & Dales General Surgery

6190 Hospital Dr, Ste 107, Cass City
Francis T. Ozim, MD
989-872-5582

Cass City Medical Practice

4674 Hill St, Cass City
Richard A. 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, MD
Elizabeth Paling, NP
989-872-2410

Thumb Pediatrics

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

Kingston Family Practice

5915 State St, Kingston
Melanie Kramer, MD
Erica Knoerr, NP
989-683-8065

Ubley Medical Clinic

2254 Main St, Ubley
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



Don't Miss a Thing!

Follow us on *Facebook* for the most up-to-date information about what's happening at the hospital!

COMMUNITY CALENDAR

Featured Event

17th Annual Hills & Dales Foundation Golf Outing

Wednesday, July 15
Ubly Heights Golf & Country Club
2409 E Atwater Rd, Ubly

Registration: 8:30 a.m.
Shotgun Start: 9:30 a.m.

For additional information about registration or sponsorship opportunities, contact Danielle Blaine at 989-912-6401.



June 2015

June 9 and 10

American Red Cross Babysitter Training, CPR, and First Aid class for youths, ages 11-15 years old. Conference Room 1. June 9, 9 a.m. - 3:30 p.m., and June 10, 9 a.m. - 12 p.m. Cost is \$35. Participants must pre-register by calling the Education Department at 989-912-6365.

June 10

Cancer Support Group for the Tri-County Area. Conference Room 1, 4:30 - 6 p.m. Survivors, caregivers, friends, family, and companions welcome. Contact Deb Doherty at 989-673-4999.

June 18

Free Diabetes Support Group. Conference Room 1, 2 - 3 p.m. Contact Kathy Dropeski at 989-912-6365.

June 18

The Better Breathers Club Support Group. Conference Room 1, 5:30 - 6:30 p.m. Contact Brenda McComb at 989-912-6292.

July 2015

July 4

Annual 5K/8K/Toddler Trot Race. Register at www.hdghrehab.com.

July 8

Cancer Support Group for the Tri-County Area. Conference Room 1, 4:30 - 6 p.m.

Survivors, caregivers, friends, family, and companions welcome. Contact Deb Doherty at 989-673-4999.

July 15

17th Annual Hills & Dales Foundation Golf Outing. (See details at left.)

July 16

Free Diabetes Support Group. Conference Room 1, 2 - 3 p.m. Contact Kathy Dropeski at 989-912-6365.

July 16

The Better Breathers Club Support Group. Conference Room 1, 5:30 - 6:30 p.m. Contact Brenda McComb at 989-912-6292.

August 2015

August 12

Cancer Support Group for the Tri-County Area. Conference Room 1, 4:30 - 6 p.m. Survivors, caregivers, friends, family, and companions welcome. Contact Deb Doherty at 989-673-4999.

August 20

Free Diabetes Support Group. Conference Room 1, 2 - 3 p.m. Contact Kathy Dropeski at 989-912-6365.

August 20

The Better Breathers Club Support Group. Conference Room 1, 5:30 - 6:30 p.m. Contact Brenda McComb at 989-912-6292.