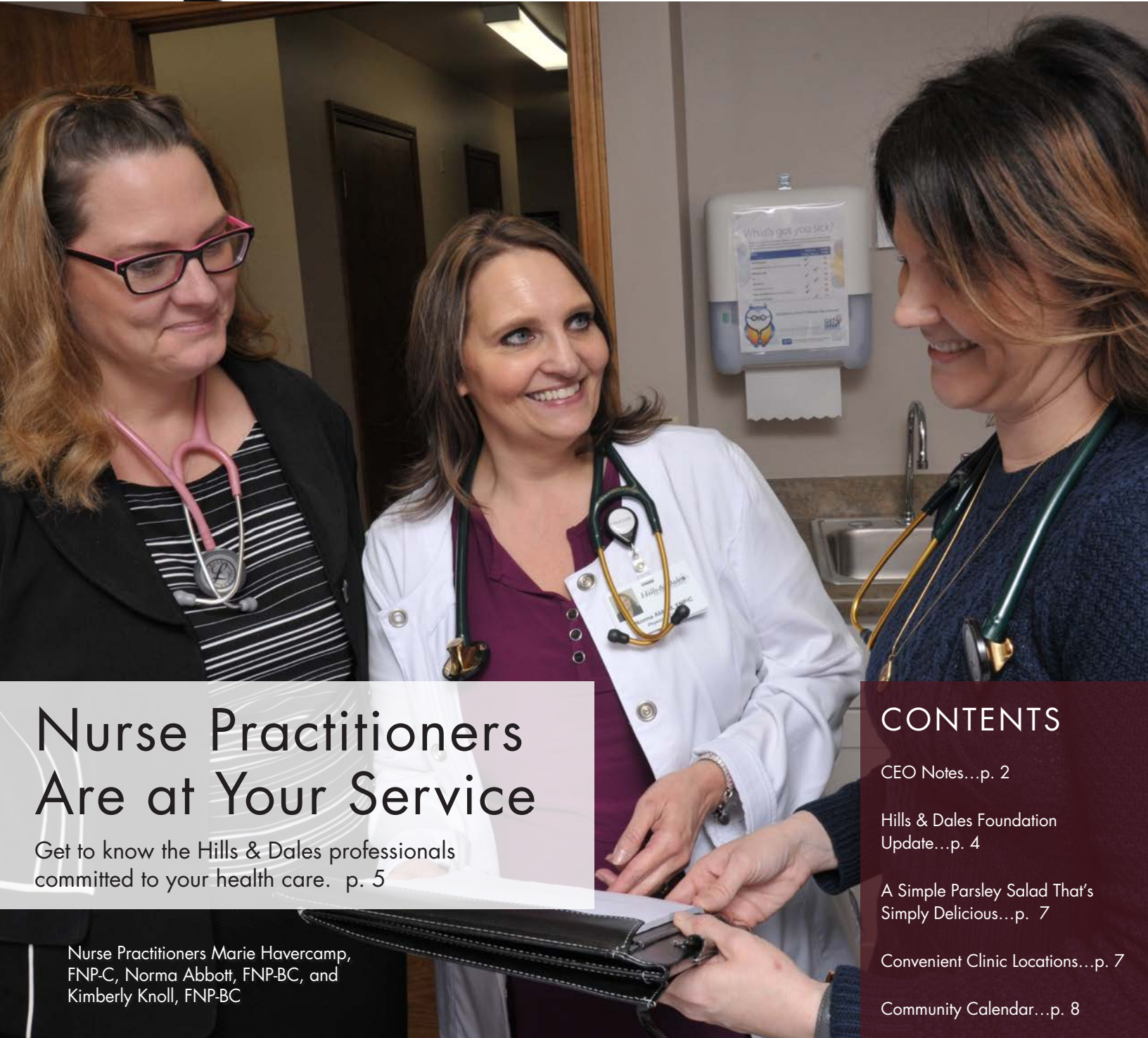




WE'LL MEET YOU AT **THE CORNER**

QUARTERLY NEWSLETTER FROM HILLS & DALES GENERAL HOSPITAL | Spring 2017



Nurse Practitioners Are at Your Service

Get to know the Hills & Dales professionals committed to your health care. p. 5

Nurse Practitioners Marie Havercamp, FNP-C, Norma Abbott, FNP-BC, and Kimberly Knoll, FNP-BC

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Jean Anthony
President and CEO

A MESSAGE FROM THE CEO

The year 2017 is going to be one of change at Hills & Dales. We're very excited for all that's ahead, but change can also be bittersweet. Some days, it feels like it has taken years to get us to the expansion groundbreaking; on the other hand, I remember our last renovation like it was yesterday. Time can be funny like that: fast *and* slow. We just get to enjoy the ride.

During the renovation, we know there'll be challenges. We're committed to doing the very best we can to keep patient care uninterrupted. Extra staffing, volunteers, clear signage, professional contractors, and daily safety checks are just the beginning of what we'll be doing. Don't hesitate to ask for help should you be unsure of where something is. We're here for you and happy to assist. The project will take around 18 months, and with each quarterly newsletter, we'll share our progress.

The renovation and expansion has also brought forth the feeling of gratitude. We launched our Building Campaign just eight months ago, not really knowing what to expect. It has been one of the most humbling experiences of my career: We're amazed at the generosity of our community members and employees. The progress toward reaching our \$500,000 goal before groundbreaking is really, truly, outstanding. We thank all donors for the support they give to us.

This project is going to solidify Hills & Dales for the future. We look forward to providing the best patient care in a new and improved space for years to come. Thank you for being part of our project.

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.





Auxiliary Member Mary Ann Hirn enjoys volunteering in the Hills & Dales gift shop.

Volunteer Hours=Wow!

Auxiliary members donate their time and talents to the hospital.

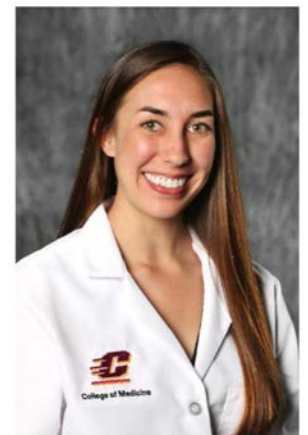
Hills & Dales is thankful for its Auxiliary members, who donated an incredible \$8,000 to the hospital for the purchase of new equipment that benefits patients and staff.

Auxiliary members also worked a combined total of 5,553 volunteer hours at the hospital through efforts such as blood drives, the gift shop, messenger and mail services, popcorn sales, fundraisers, and various department projects.

“The hospital wants to recognize them for the amazing work they do and to say thank you,” says Hills & Dales President and CEO Jean Anthony. “They are such a wonderful, dedicated group of women, and their effort is much appreciated!”



Katherine Copley, a third-year medical student with Central Michigan University College of Medicine, gains clinical experience through her clerkship at Hills & Dales General Hospital.



Gabrielle Barringer

ON-THE-JOB LEARNING

Medical students gain experience from the Hills & Dales team.

In continuing its partnership with Central Michigan University’s (CMU) Comprehensive Community Clerkship program, part of the CMU College of Medicine, Hills & Dales has welcomed its fourth round of medical students. The two aspiring doctors are third-year medical students at the college. They’ll be spending time within the hospital until July of this year.

During their time with Hills & Dales, the students will be working primarily with Surendra Raythatha, MD, at Cass City Family Practice. Dr. Raythatha will be the students’ primary mentor. They’ll also be rotating through the pediatrics, orthopedics, and general surgery clinics, as well as working in the emergency department, operating room, and inpatient unit.

The two students are Katherine Copley from Kalamazoo and Gabrielle Barringer from North Muskegon. Copley earned her Bachelor of Science in psychology from the University of Michigan; outside of her studies, she enjoys figure skating, crocheting, dancing, and yoga. Barringer earned her Bachelor of Science degree from Michigan State University, majoring in microbiology and minoring in nutritional sciences. Her hobbies include watching movies, reading, going for walks, and spending time with family and friends.

“Working with CMU’s students has been very rewarding for us,” says Hills & Dales President & CEO Jean Anthony. “It’s exciting to see the students learn and grow—and to see our physicians mentoring them. We hope this experience gives the students an understanding of the importance of rural health care.”

Hills & Dales
Specialist Tina
Mulrath answers
questions about
financial assistance.



HELP FROM HILLS & DALES

Here's what you may not know about the hospital's financial assistance program.

Hills & Dales is committed to providing health care services to everyone. For individuals who may need help paying medical bills, it's important to know that the hospital offers a financial assistance program, as well as payment plans.

Patients who do not have insurance or are underinsured may be eligible for the financial assistance program. Patient eligibility is based on different factors, such

as existing insurance coverage, additional sources of payment, and income.

To apply for financial assistance, you can download and print an application online at www.hdghmi.org, request the application in writing by mail, or stop into the hospital to pick up the application. A Hills & Dales collection specialist will be happy to assist you with any questions you have about eligibility and will work with you individually to discuss your options for payment. For more information, contact a specialist at 989-912-6800.

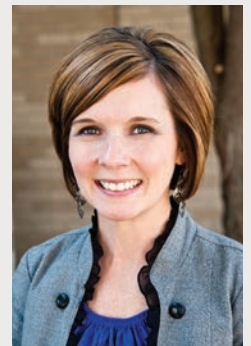
Billing Questions?

If you have questions about your hospital bill or how to pay it, Hills & Dales has two collection specialists on staff who are dedicated to helping provide answers. They can explain the collection process and what types of assistance are available. Tina Mulrath and Rachel Gonzales can both be reached at 989-912-6800.

Hills & Dales Foundation Update

Each time I sit down to write our update for the Hills & Dales Foundation, I find that I circle back to how thankful I am. In the past eight months, we have experienced the most humbling support that I have ever had the opportunity to be part of. We kicked off the Building Campaign in August 2016, with high hopes of reaching our \$500,000 goal. Never did we anticipate such progress within such a short time period. We are incredibly thankful for the hundreds of people who understand the importance of the renovation and expansion project and want to be a part of it.

The money being raised for the Building Campaign will make a tremendous difference for the project. We look forward to sharing updates about the progress once we break ground; watch for the groundbreaking ceremony dates coming soon. Thank you to each and every donor who is making the Building Campaign a success!



Danielle Blaine



Norma Abbott, FNP-BC, treats a patient at the Cass City Medical Practice.

PROFESSIONAL CARE

Nurse practitioners are a vital part of your wellness team.

By now, chances are you have met one of the expert nurse practitioners working alongside of the primary care providers at Hills & Dales. But how much do you really know about nurse practitioners? And what kind of care can you expect from a nurse practitioner at Hills & Dales?

If you work with a nurse practitioner, you can expect the same level of professional care that you would receive from a primary provider. Nurse practitioners are registered nurses who have gone on to receive advanced training in general and, sometimes, specialty medical care. In addition to their education as nurses, nurse practitioners complete a master's program and many also focus their expertise in certain areas, such as family practice or women's health. They complete graduate-level courses and perform hundreds of hours of supervised clinical work to develop their skills and knowledge.

Much like physicians do, nurse practitioners can prescribe medication, assess patients, analyze lab results and other tests, identify and diagnose illnesses, and provide treatment. Nurse practitioners work alongside doctors and in clinics or a hospital setting. As a result of their training, nurse practitioners also have a holistic approach to health and wellness, focusing on education, risk identification, and preventive care.

Hills & Dales has nine nurse practitioners who work on staff within the hospital and clinics. You'll find nurse practitioners working in almost every clinic at Hills & Dales and on the inpatient unit.

Nurse practitioners are a vital part of the health care team, because they are able to treat patients for routine medical care and work closely with primary care physicians when more advanced treatment is necessary.

Whether you are seen by one of the nurse practitioners at Hills & Dales within a clinic setting or on the inpatient unit, you'll be treated with professional and knowledgeable care.

NEW FACES

Hills & Dales has welcomed three new nurse practitioners to the medical team:

CHARITY CAVERLY, FNP-BC, a graduate from Saginaw Valley State University, will see patients at Family Healthcare of Cass City and at the After Hours Clinic.

KIMBERLY KNOLL, FNP-BC, received her Master of Science in Nursing from the University of Michigan-Flint. She'll see patients at Family Healthcare in Cass City.

NORMA ABBOTT, FNP-BC, is a graduate of Walden University's Family Nurse Practitioner Program. She'll be seeing patients on the hospital's inpatient floor and at Cass City Medical Practice.



Ultrasound Technician Melissa Sears received special training to operate the new musculoskeletal ultrasound equipment.

SERVING A NEED

New ultrasound equipment takes Hills & Dales to the next level of diagnostic therapy.

If there's one thing that Hills & Dales is committed to, it's recognizing when there is an opportunity to better serve the community. The hospital is continuing to improve care through the addition of new equipment in the Radiology Department, the musculoskeletal ultrasound (MSK) machine. The care team recognized a need for an improved type of ultrasound, researched the equipment needed, and acquired the funding to purchase and operate it.

Hills & Dales Director of Radiology Peggy Davidson explains that the new musculoskeletal ultrasound machine will bring advanced ultrasound technology closer to home. Before, these types of ultrasounds weren't performed locally, so any patient needing one had to travel for the testing. Now patients are able to conveniently receive the ultrasound procedure right at Hills & Dales.

The new machine also benefits patients who are not candidates for an MRI due to their having a pacemaker or other type of metallic implant. The ultrasound machine uses sound waves, so it's safe for patients who have implants.

Under the supervision of Hills & Dales Musculoskeletal Radiologist Kavita Rajkotia, MD, the new testing will be performed in the ultrasound department within the main hospital. The ultrasound testing is completed by scanning the affected area and taking images with multiple views and positions, allowing the staff to get direct, real-time feedback on a patient's symptoms. For example, if pain only occurs with a patient situated in a certain position, the staff is able to focus on that area for a more accurate diagnosis.

Using the new equipment, the medical team will be able to look for problems such as muscle or tendon injuries, infection, and soft tissue foreign bodies, such as splinters or glass.



BEHIND THE MACHINE

A long-time Hills & Dales ultrasound technician receives advanced training to operate the new equipment.

Melissa Sears, who has been an ultrasound technician at Hills & Dales for six years, will be the staff member responsible for operating the new musculoskeletal ultrasound machine. She received advanced, hands-on training in musculoskeletal ultrasound through a program in Alexandria, Virginia, last September.

Sears attended Baker College of Owosso, where she graduated with an Associate Degree of Applied Science in Diagnostic Medical Sonography in 2011. She has passed ultrasound registries in abdomen, OB/GYN, breast, and vascular sonography. Sears is married with two children.

ARE YOU AT RISK FOR COLORECTAL CANCER?

Here's information you need to know.



Colorectal cancer affects men and women, and patients often show no symptoms. Screening tests for men and women can help prevent colorectal cancer or detect it early when colorectal cancer is most treatable.

What Causes Colorectal Cancer?

There are certain risk factors that can increase your chances of colorectal cancer:

- Men and women older than 50
- Personal or family history of colorectal cancer
- Personal history of pre-cancerous colon polyps or inflammatory bowel disease
- Smoking
- Being overweight
- A diet high in animal fats or low in fruits and vegetables and other sources of dietary fiber
- Lack of physical activity
- Heavy use of alcohol

What Can I Do to Lower My Chances of Getting Colorectal Cancer?

- Talk with your doctor about screening tests for colorectal cancer
- Quit smoking
- Exercise regularly
- Lower the amount of alcohol you drink

What Signs Should I Look For?

Call your doctor if you have any of the following symptoms:

- Changes in bowel movements
- Blood in stool
- Stomach discomfort
- Unintentional weight loss

Talk with your doctor about colorectal cancer screening to decide what test is best for you, and visit <http://www.cancer.org/cancer/colonandrectumcancer/> for more information.

Information excerpted from Michigan Department of Health and Human Services website.

SIMPLE PARSLEY SALAD

This easy tabbouleh recipe will tickle your taste buds.

By Koree Muska, RD, Hills & Dales



Ingredients

- 2 cups dry cracked wheat
- 6 cups chopped parsley (about 3 - 4 bunches, leaves chopped or pulsed in a food processor)
- 4 Roma tomatoes, seeded and diced
- 3 tablespoons olive oil
- 1 ½ tablespoons ground allspice
- 1 tablespoon garlic salt (or to taste)
- 1 bunch of green onions, sliced
- 1 ½ cups lemon juice, or 1 ½ fresh squeezed lemons (or to taste)

Directions

- Soak cracked wheat in a small bowl with warm water, ensuring water is covering wheat by at least 1 inch. Set aside.
- Place chopped parsley in a large bowl. Once cracked wheat is soft and has absorbed most of the water, drain and mix with tomato, olive oil, allspice, and garlic salt.
- Add green onions to parsley, folding into wheat mixture.
- Cover and refrigerate at least one hour before serving.

Serves 10 (1 cup servings).

Nutritional information: Calories: 163, Protein: 5 g, Carbs: 29 g, Fat: 5 g, Sodium: 29 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: 9 a.m. - 2 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, Ugly
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 Havercamp, 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
Norma Abbott, FNP-BC
989-872-8202

Family Healthcare of Cass City

6230 Hospital Dr, Cass City
Melanie Kramer-Harrington, MD
Kim Knoll, FNP-BC
Charity Caverly, FNP-BC
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

Ugly Medical Clinic

2254 Main St, Ugly
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

"WE'LL MEET YOU AT THE CORNER"

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



Stay tuned for the date of the groundbreaking for the Hills & Dales building expansion project!

Featured Event

LACE UP YOUR RUNNING SHOES

The 21st Annual 5K
Run/Walk, 8K Run,
and Toddler Trot

Saturday, July 1, 2017
Starts and ends at Hills & Dales
General Hospital MARC Building

Cost: \$20 (pre-registration)
Registration: 6:30 a.m., with Toddler
Trot beginning at 7:30 a.m.

To sign up and for more information,
visit www.hdghrehab.com



COMMUNITY CALENDAR

March and April

March 6, 13, 20, 27, 29 & April 3, 10, 17
Smoking Cessation Class. Conference Room
2, 5:30 - 7:30 p.m. The 8-week session is
covered by most insurances. Contact Brenda
at 989-912-6292 for more information or to
register.

April 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.

April 20
Better Breathers Support Group. Conference
Room 2, 5:30 - 6:30 p.m. Contact Brenda at
989-912-6292 for more information.

May

May 18
Diabetes Support Group. Conference Room
2, 2 p.m. Caregivers, friends, family, and
companions welcome. Call Kathy at 989-912-
6365 for more information.

May 18
Better Breathers Support Group. Conference
Room 2, 5:30 - 6:30 p.m. Contact Brenda at
989-912-6292 for more information.

June

June 15
Diabetes Support Group. Conference Room
2, 2 p.m. Caregivers, friends, family, and
companions welcome. Call Kathy at 989-912-
6365 for more information.