



# WE'LL MEET YOU AT THE CORNER

QUARTERLY NEWSLETTER FROM HILLS & DALES GENERAL HOSPITAL | Summer 2017



## Hills & Dales Earns Level IV Trauma Distinction

The hospital is the first in the state to receive the designation. p. 5

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**Jean Anthony**  
President and CEO

# A MESSAGE FROM THE CEO

Every time I sit down to gather my thoughts for our quarterly newsletter, I find myself amazed at everything we're able to accomplish during each quarter. It's been a very busy 2017 so far! A few of our highlights include:

- This past January, we are the first hospital in Michigan to earn Level IV Trauma Facility Designation. What a huge accomplishment for our team!
- Welcoming two Central Michigan University College of Medicine students, Katherine Copely and Gabrielle Barringer, who are spending their time with Dr. Raythatha at Cass City Family Practice. They also are rotating through the Emergency Room, Operating Room, and other areas of the hospital.
- Hosting our 18th Annual Winter Fundraiser, which raised just over \$14,000 for the Hills & Dales Foundation.
- Welcoming four nurse practitioners, Kimberly Knoll, Norma Abbott, Charity Caverly, and Mary Krause, who will see patients at a variety of our clinics.
- Hosting our Spring Health Fair, where despite the snowy and windy weather close to 200 people participated.
- Celebrating our Groundbreaking Ceremony with community members, patients, and employees! We've been anxiously waiting for this day.

We strive each and every day to provide quality care to our patients. Whether you receive a new service or are treated with new state-of-the-art equipment—or simply receive the great care you always do when you come through our doors—we're here for all of your health care needs. We continue to look to the future and make decisions that will keep us here to serve you, our patients, for many years to come. Our expansion and renovation project is just one of the many things we're doing for the future. We have the absolute best team, and I'm proud of everything that we accomplish. There's an excitement in the halls of Hills & Dales, and we look forward to sharing that with you when you visit us!

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](mailto:dblaine@hillsanddales.com). And visit us at [www.hdghmi.org](http://www.hdghmi.org).



## There's Still Time...

...to be a part of the Building Campaign

As our project gets underway, we want to remind you that there's still time to make a pledge to the Building Campaign! There are many different giving levels and opportunities, and we hope you might consider one that's a good fit for you.

Even though we have surpassed our goal of \$500,000, we'll continue to fundraise for the expansion. As with any construction project, there are always unexpected expenses, and there are certainly many beneficial ways that fund-raising dollars can be used!

If you're interested in making a donation to the Building Campaign, please contact Danielle at 989-912-6401 or [dblaine@hdghmi.org](mailto:dblaine@hdghmi.org).

### GIVING LEVELS:

\$100 - \$999  
Friend of the Hospital

\$1,000 - \$4,999  
Contributor

\$5,000 - \$9,999  
Investor

\$10,000 - \$24,999  
Partner *(Naming opportunity available)*

\$25,000 - \$49,999  
Leader *(Naming opportunity available)*

\$50,000 +  
Visionary *(Naming opportunity available)*



## HILLS & DALES BEGINS EXPANSION PROJECT

Phase 1 of the hospital's renovation is underway.

**A**fter months of preparation and planning, Hills & Dales has kicked off Phase 1 of the hospital's expansion and renovation project. Crews will be on site soon to begin working.

There will be three total phases of the renovation. Phase 1 will include creating a temporary entrance to the hospital while construction is under way. Patients and visitors will enter the hospital through a trailer attached to the Emergency Room. From there, a friendly staff member will direct them to the appropriate department.

Phase 1 will continue with demolition of the sites that will be reconstructed, including

the current lobby area of the hospital, the gift shop, registration desks, and the waiting area and restrooms on the main level. The administrative hallway and patient rooms on the second floor, along with walls in the lower level cafeteria, will be removed. Phase 1 is expected to take several months to complete.

"During Phase 1 of the project, we know there will be many, many changes for our patients and visitors, and we ask for patience during this time," says Hills & Dales President and CEO Jean Anthony. "We're installing wayfinding throughout the hospital and taking all of the proper steps to ensure the safety of everyone. We know our patients will love the completed expansion."

# DIABETES EDUCATION FOR ALL

The hospital's program teaches care management and how to avoid disease complications.



Kathy Dropeski, RN, BSN, CDE, demonstrates proper medication administration as part of the Diabetes Education Program.

The Diabetes Education Program at Hills & Dales, founded by Manager of Education and Certified Diabetes Educator Kathy Dropeski, RN, BSN, CDE, has been running for more than 10 years and is still going strong.

The program is generally geared toward adults with Type 1 or Type 2 diabetes, as well as pregnant women with gestational diabetes. It provides education, skill training, and resources for disease management.

Dropeski notes that the diabetes education course teaches seven health care behaviors: healthy eating, physical activity, medication, blood sugar monitoring, risk reduction, healthy coping, and problem-solving. The course is accredited through the American Diabetes Association and covered through insurance, although it does require a doctor's order to enroll. Depending on insurance coverage, course instruction can take part in a group setting or through one-on-one training. Individuals who enroll are welcome to bring a support partner with them.

The primary focus of the program, Dropeski explains, is to empower those with diabetes to better manage their own care and to avoid disease complications. She says that patients who have gone through the course have shared positive feedback.

"The program has prepared me to make improvements in my diabetes care," one recent program graduate comments. "The program was very informative, and I learned new things and re-learned things I had forgotten."

## Sign Up

The diabetes education program runs every other month and consists of a series of three two-hour classes. For more information or to sign up for the next course with a doctor's order, contact Kathy Dropeski at 989-912-6365.

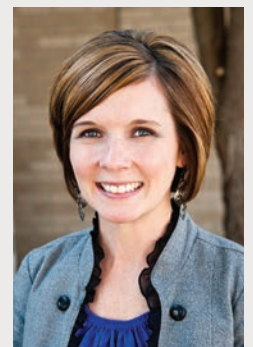


## Hills & Dales Foundation Update

As we head into summer, I think back to where we were in 2016 at this time: We were finishing our plans to launch the building campaign. Now, a year later, we have exceeded our fundraising goal of \$500,000 and have started the renovation project. It feels surreal to be looking ahead to the finished building!

Our Cass City community and surrounding areas have supported our efforts in a magnitude with which we couldn't have imagined. And we'll be forever humbled and grateful to be the recipient of such generosity. Now, we look ahead to another great golf outing, a pheasant hunt this fall, and, before we know it, we'll be celebrating our brand-new, completed expansion.

There are so many exciting things happening with Hills & Dales General Hospital and Foundation—and we're truly thankful for the support we continue to receive. We look to serve Cass City for many, many years.



Danielle Blaine



Trauma Medical Director Christopher Kreiner, MD, consults with Emergency Room Technician Jeannine Gaskill on a case.

## HILLS & DALES EARNS LEVEL IV TRAUMA DESIGNATION

The hospital is the first in Michigan to gain the recognition.

In January, Hills & Dales General Hospital was recognized as a Level IV Trauma Facility, becoming the first hospital in Michigan to earn this designation. Hills & Dales is now part of the Statewide Trauma System, helping to improve the care and outcomes for all trauma patients.

Hills & Dales, as an official trauma facility, provides evaluation, stabilization, and diagnostic capabilities for injured patients. Some key requirements needed to have received this level include:

- Basic emergency department facilities to implement ATLS (Advanced Trauma Life Support) protocols and 24-hour laboratory and radiology coverage.
- Nursing staff and physicians trained in trauma care (and receiving ongoing training).
- Transfer agreements in place for patients requiring more comprehensive care at a Level I, II, or III Trauma Center.
- A comprehensive quality assessment program.
- Participating in prevention efforts and maintaining an active outreach program for referring communities.

Hills & Dales began the application process to become a Level IV Trauma Facility in 2016 and immediately prepared for a site visit from the Michigan Department of Health and Human Services. To ensure that they were adequately prepared for evaluation, Hills & Dales ER physicians and staff completed many hours of additional trauma care training.

As a result of being recognized as a Level IV Trauma Facility, Hills & Dales is also better equipped to receive and care for critical patients who need to be stabilized and transferred to a Level I, II, or III facility as needed. Both Covenant HealthCare and St. Mary's of Michigan in Saginaw are Level II trauma facilities that can accept patients who need more advanced care.

"As the first hospital in the state to earn this designation, we could not be more proud of the team and the hard work that went into this process," says Trauma Program Manager Dawn Rudgers, RN. "The criteria and application were rigorous and time-consuming to complete. Our patients have always been the top priority, and this designation is another step in ensuring they get the care they need quickly."

## LEADING THE TRAUMA TEAM

Trauma Medical Director Christopher Kreiner, MD, works to ensure that the standards for care for trauma patients at Hills & Dales are maintained. Dr. Kreiner attended Michigan State University College of Medicine and completed his emergency medicine residency at William Beaumont Hospital. He is a board-certified emergency medicine physician and has been with Hills & Dales since 2012.



Christopher Kreiner, MD



Care Coordinator Shannon Weber, RN, BSN, explains how Chronic Care Management can help patients with multiple medical conditions.

# CHRONIC CARE MANAGEMENT IMPROVES COMMUNICATION

## There's help for patients with multiple, long-term health conditions.

**U**nder the careful direction of Care Coordinator Shannon Weber, RN, BSN, Hills & Dales is able to offer Chronic Care Management (CCM) for patients who have long-term health needs.

Chronic Care Management can help patients who have coexisting disorders—such as diabetes, COPD, heart disease, or hypertension—find access to support within the medical system and the community. CCM is a one-stop approach to organizing many different aspects of care.

Patients who qualify can be referred by their providers into the program and then work directly with a nurse to set goals and

learn how to better manage their health at home. They can also connect to resources such as home care services, local food banks, support groups, and information meetings. With the right help, patients and their families can feel more empowered, avoiding possible unnecessary ER visits, and improve their quality of life.

“This is a fairly new approach to patient care, but it’s been successful in increasing communication between patients and their providers,” explains Weber. “[Delivery of] health care can be complicated, and there are many hands involved. CCM is a method to be more organized and avoid costly problems that could have been prevented.”

## CARING IS HER MIDDLE NAME

### Get to know Shannon Weber.

Hills & Dales Care Coordinator Shannon Weber, RN, BSN, grew up in the Thumb and attended high school in Ubyly. After graduating from Saginaw Valley State University with her Bachelor of Science in Nursing, she began her career at Hills & Dales in 2012 as a medical surgical and ER nurse. Four years later, she transitioned into her current position. When she’s not serving patients and their families, she enjoys hunting, volleyball, playing the piano, and caring for the animals on her farm.



Shannon Weber, RN, BSN

# HEALTHY YOU!

## CLINIC LOCATIONS

Expert Care...Close to You

### GET A MOVE ON

The surprising benefits of exercise go beyond physical fitness.

According to the Centers for Disease Control and Prevention (CDC), engaging in regular physical activity is one of the most important steps you can take for your overall health and well-being. No matter what lifestyle or limitations you may have, there are many ways to fit exercise into your day, from walking to swimming to lifting weights.

Staying active provides many benefits:

- Weight control
- Lower risk of cardiovascular (heart) disease
- Reduced risk of Type 2 diabetes
- Reduced risk of some cancers, including breast and colon cancers
- Improved bone and muscle strength
- Improved mental health and mood stability



- Reduced risk of depression
- Increased learning and memory retention
- Fall prevention for older adults
  - Increased longevity
  - Improved quality of life
  - Ease of arthritis symptoms
  - Improved sleep

The CDC recommends that all adults get at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking, every week. Additionally, adults who are physically able are encouraged to also include two or more days of muscle-strengthening activities that work all major muscle groups in the legs, hips, back, abdomen, chest, shoulders, and arms. Only one in five Americans currently meet these guidelines, so the important thing to remember is to keep it fun and keep it moving for overall health and wellness.

### SPICY CUCUMBER SALAD

Try this invigorating mixture to punch up your plate.

By Koree Muska, RD  
Hills & Dales



- 1 small red onion, chopped
- 3 cucumbers, peeled, seeded, and chopped
- 2 tablespoons cilantro, finely chopped
- 1 tablespoon olive oil
- 3 Roma tomatoes, or other firm tomatoes, seeded
- 1 14-ounce can low-sodium navy beans, drained and rinsed
- 2 tablespoons lemon juice
- 1 tablespoon Mrs. Dash's fajita seasoning (for less spice, use regular Mrs. Dash's herb and garlic seasoning)

Mix all ingredients together. Cover and refrigerate for at least one hour before serving. Serves 5.

*Nutritional information per serving: Calories: 135, Protein: 6 g, Carbohydrates: 19 g, Fat: 3 g, and Sodium: 26 g.*

#### 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, Uby  
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  
Norma Abbott, FNP-BC  
Mary Krause, FNP-BC  
989-872-8202

#### Family Healthcare of Cass City

6230 Hospital Dr, Cass City  
Melanie Kramer-Harrington, MD  
Afonso Ferreira, 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

#### Uby Medical Clinic

2254 Main St, Uby  
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



Follow the exciting Hills & Dales renovation and expansion updates on the hospital’s website: [www.hdghmi.org](http://www.hdghmi.org)

# COMMUNITY CALENDAR

## Featured Event

### 19th Annual Golf Outing

Wednesday, August 16, 2017  
Uby Heights Golf Course & Rolling Hills Golf Course

**Don’t wait to sign up!**



Join us for the 19th Annual Hills & Dales Golf Outing on August 16, 2017. You can play a full 18 holes at Uby Heights, with a shotgun start at 9:30 a.m., or choose a 9-hole option at Rolling Hills, with a 12:30 p.m. shotgun start. Sponsorship opportunities are available. Check out all the details at [www.hdghmi.org](http://www.hdghmi.org), or contact Danielle at 989-912-6401 or by email at [dblaine@hillsanddales.com](mailto:dblaine@hillsanddales.com) for more information.

## Don’t Miss Out on These Summer Events

### May

May 18

**Better Breathers Club.** Conference Room 1, 5:30 - 6:30 p.m. Monthly support group for patients and caregivers with chronic lung conditions. The group provides education and support for people to better take control of their lives. Contact Brenda McComb at 989-912-6292 for more information.

### June

June 22

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

### July

July 1

**Hills & Dales 5K/8K Run and Toddler Trot.** Toddler Trot begins at 7:30 a.m. and race begins at 8 a.m. To register and for more information, visit [www.hdghrehab.com/when-where](http://www.hdghrehab.com/when-where)

July 20

**Better Breathers Club.** Conference Room 1, 5:30 - 6:30 p.m. Monthly support group for patients and caregivers with chronic lung conditions. The group provides education and support for people to better take control of their lives. Contact Brenda McComb at 989-912-6292 for more information.

July 27

**Diabetes Support Group.** Conference Room 2, 2 p.m. Caregivers, friends, family, and companions welcome. Call Kathy at 989-912-6365 for more information. **July 12**

### August

August 16

**Hills & Dales 19th Annual Golf Outing.** Sponsorships and ticket information are available at [www.hdghmi.org](http://www.hdghmi.org)