



WE'LL MEET YOU AT THE CORNER

QUARTERLY NEWSLETTER FROM HILLS & DALES GENERAL HOSPITAL | SPRING 2014



Advanced Cardiovascular Diagnosis and Treatment

An Expanded Cardiology Program Brings
High-Quality Care Home p. 5

Mayar Jundi, MD,
FACC, and Patricia
M. Boynton, RN, BSN

CONTENTS

- CEO Notes p. 2
- Hills & Dales
Foundation Update..... p. 4
- Diabetes Education Program
Individualizes Treatment..... p. 4
- What's New to Benefit You:
A Second Colonoscope Offers
Greater Access to Advanced
Gastroenterology Care p. 6
- Convenient Clinic
Locations..... p. 7
- Community Calendar..... p. 8

Think Green (on Your
Dinner Plate) This
Spring p. 7

Filling Prescriptions Just
Got Easier and More
Convenient p. 3

Learn the Symptoms
of Diabetes p. 4

Test Your Colonoscopy
Knowledge p. 6



Michael J. Falatko
President and CEO

YOU CAN BE CERTAIN IN UNCERTAIN TIMES

Message from the CEO

With the rollout of the Affordable Care Act (also commonly known as Obamacare), one thing is for certain: uncertainty.

There is uncertainty around which plan to pick. There is uncertainty about whether the information that a person used in completing the application has been passed on correctly to the insurance company. Applicants may be uncertain whether they are covered by insurance at the time they arrive at a doctor's office or hospital for treatment. And the hospital or physician may be uncertain whether the patient is covered—and whether they will get paid for rendering the service.

With all of this uncertainty, there are a few things you can be certain of when it comes to Hills & Dales.

- You will receive first-class care at our hospital, After Hours Clinic, or any one of our physician offices.
- You can be assured that Hills & Dales will treat you, providing you with the appropriate care for your problem—without concern as to whether your Affordable Care Act information is correct, or you are covered by the plan you chose.
- You can be certain that no matter what the situation turns out to be with your coverage, Hills & Dales will work with you to resolve any information problems, and to arrive at payment arrangements that fit *your* financial situation.

You can rest assured that Hills & Dales will continue to position the hospital and its other service providers to continue to be there for the residents of our service area—no matter how much uncertainty the government creates in trying to remake our health care system.

Michael J. Falatko
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.



Hills & Dales Welcomes New Pharmacist

A hometown resident joins the team

Hospital Drive Pharmacy is pleased to welcome Staff Pharmacist Aaron Barrigar, a native of Cass City, to its team.

After graduating from Ferris State University with his Doctor of Pharmacy degree, Barrigar was employed with Walgreens. In his new role, at Hospital Drive Pharmacy, he leads all facets of the pharmacy.

"I am excited for the opportunity to serve patients in my hometown of Cass City," Barrigar says. "I was drawn to Hills & Dales because of the excellent care my family and I have received in the past. I look forward to continuing the high level of care in a community pharmacy."



Aaron Barrigar



Hospital Drive Pharmacy Pharmacist Aaron Barrigar answers a patient's question about medication.

FILLING PRESCRIPTIONS JUST GOT EASIER

The Hospital Drive Pharmacy gives customers convenience and expert service

When you or your loved one checks out of the hospital, there's usually one item left on your to-do list: filling

medical prescriptions.

With the addition of a brand-new retail community pharmacy, now Hills & Dales General Hospital has made it easier than ever to check that prescription off of your to-do list. The new Hospital Drive Pharmacy officially opened last month, offering members of the community the convenience of pharmacy services backed by the commitment of care that Hills & Dales stands by.

The public pharmacy is connected to the Medical Arts Rehabilitation Center (MARC Building), across from the hospital. While the Hospital Drive Pharmacy will now serve to promote the health of the community, the hospital's on-site pharmacy will continue to fill

prescriptions for in-hospital patients and ER patients.

The new pharmacy, with an impressive 1,900 square feet, will be staffed with one full-time pharmacist, a part-time pharmacist, and three pharmacy technicians. For added convenience, the facility, open six days a week, also features a drive-thru lane and a public restroom, all for customer comfort. The hours for the new pharmacy are still being determined and will be announced in the near future.

For patients of the Hills & Dales community, the convenience of care will extend from the doctor's office until the moment they step foot in (or drive through) the pharmacy.

"The new retail pharmacy will especially benefit patients who visit our doctors' offices, so they can get their prescriptions filled almost instantly," explains Hills & Dales General Hospital's Director of Pharmacy Craig Bellew.

Hospital Drive Pharmacy hours are: Mon - Fri, 9 a.m. - 7 p.m.; and Sat, 9 a.m. - 1 p.m. The pharmacy is closed on Sundays.

COMPREHENSIVE DIABETES EDUCATION PROGRAMS ARE A PERFECT FIT

Individualized plans help patients and caregivers manage the disease on a daily basis

If you or someone you know has diabetes, then the diabetes education program at Hills & Dales might just be right for you.

“What we do is help people who have diabetes learn the skills and knowledge that they need to manage it on a daily basis,” says Kathy Dropeski, RN, CDE, Hills & Dales Director of Education.

The fully credentialed program is registered through the American Diabetes Association and is the only such recognized program in Tuscola County. It incorporates Certified Diabetes Educators and a Registered Dietitian, and is covered by most insurance plans.

All classes are tailored for adults, on an individual basis. There is also a free community support group for diabetes patients and their caregivers offered on the third Thursday of every month, from 2 - 3 p.m.

Patients wishing to enroll in the Diabetes Education Program may contact Kathy Dropeski, RN, CDE, at 989-912-6365, to set up their own education schedule.



A healthy, well-balanced diet helps patients manage their diabetes.

KNOW THE SIGNS OF DIABETES AND PREDIABETES

Early detection and treatment can reduce your risk of complications

With an estimated 7 million undiagnosed cases of diabetes in America, it's important to know the symptoms. According to the American Diabetes Association, common symptoms include:

- Frequent urination
- Extreme thirst
- Extreme hunger
- Overwhelming fatigue
- Blurry vision
- Slow-healing cuts and bruises
- Weight loss
- Tingling, pain, or numbness in the hands or feet



Hills & Dales Foundation Update

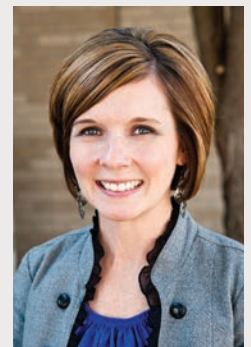
The Hills & Dales Foundation is always looking for ways to grow and reach more individuals within our Cass City community. We have been so blessed by the support we receive at each of our annual events, and we thank every donor who gives to our efforts!

We are expanding the ways you can give to the Hills & Dales Foundation, and now you can give online! This is a secure way for you to make a donation and help us grow. You can make a general donation,

or donate in memory or honor of someone. Simply go to www.hdghmi.org, and click on “Foundation” on the left-hand side of the screen. You’ll find online giving under “Ways to Give.”

Every dollar you give directly benefits Hills & Dales General Hospital and our patients. Thank you for your continued support!

—Danielle Blaine, Director, Hills & Dales Foundation



Danielle Blaine

HILLS & DALES EXPANDS HIGH-QUALITY PROGRAM WITH COVENANT CARDIOLOGISTS

Patients benefit from an affiliation that enhances the level of progressive diagnosis and heart treatment



Exercising together makes staying fit fun and contributes to heart health over the course of a lifetime.

Covenant HealthCare is synonymous with advanced, cutting-edge cardiovascular care. And now, patients in Cass City and surrounding areas will have increased access to the highest level of diagnosis and treatment, offered through Covenant—and right here at Hills & Dales General Hospital. The program at Hills & Dales combines the best of small-town care with progressive cardiovascular services.

“The goal of the program is to increase the service to the area,” says Mayar Jundi, MD, a Covenant cardiologist affiliated with the program. “We want to allow patients to remain at Hills & Dales with the same level

of service that they would get at Covenant.”

This program allows the team of experts at Hills & Dales to broaden their reach and treat more patients than ever before. Staffed by a team of two cardiologists from Covenant HealthCare in Saginaw, Hills & Dales now offers cardiovascular services five days a week, with doctors alternating days to meet the needs of all patients. Invasive and non-invasive procedures are performed.

To make the health care offerings as accessible as possible for patients, the two cardiologists alternate days commuting from Saginaw to Hills & Dales General Hospital. Dr. Jundi works two days a week in Cass City. Robert Hanson, DO, sees patients in Cass City three days a week.

For treatment that cannot be completed onsite in Cass City, cardiologists are available night and day, by phone and pager, and are able to take consults or read echocardiograms remotely.

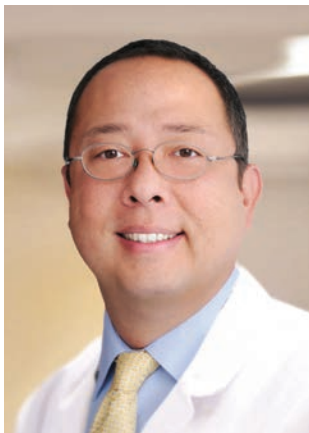
“It’s really a 24/7 program,” says Dr. Jundi.

COVENANT CARDIOLOGISTS COME TO HILLS & DALES

Mayar Jundi, MD, and Robert Hanson, DO, bring expert heart health care to the Cass City community.

Dr. Jundi is board certified in cardiovascular disease, nuclear cardiology, heart failure, and cardiac transplantation. Dr. Hanson is board certified in internal medicine and a member of the American College of Cardiology. He completed his fellowship in invasive cardiology at Pontiac Osteopathic Hospital.

While most cardiology services are now offered through the expanded program, for patients requiring more advanced care, transfers to Covenant HealthCare in Saginaw can be made as appropriate.



Robert Hanson, DO



Mayar Jundi, MD, FACC



Screening colonoscopies are recommended for both men and women, beginning at age 50.

WHAT'S NEW TO BENEFIT YOU

Hills & Dales adds a second colonoscope to offer patients increased access to state-of-the-art gastroenterology care

The gastroenterology team at Hills & Dales General Hospital is proud to offer a new Olympus video colonoscope to allow patients greater access to advanced gastroenterology health care. Using a colonoscope, gastroenterologists, doctors who specialize in treating the digestive system, visualize the colon, also known as the large intestine, during a procedure called a colonoscopy.

The colonoscope is a narrow, flexible tube that has a small camera and a light on one end. During a colonoscopy, the colonoscope is inserted through the anus, and the doctor uses the video camera to navigate the tube and inspect the colon for any possible problems, like ulcers, irritated areas, or extra pieces of tissue that may indicate cancer, called polyps.

Jennifer TerBush, Director of Nursing at Hills & Dales, says that the video colonoscope offers a great advantage. "Not every hospital in this area has it," she explains. "The doctor can get a better view because the procedure is displayed right up on the screen."

Aside from skin cancer, the American Cancer Society lists colorectal cancer as the third leading cancer for both men and women, and colonoscopies are the primary means of screening for the cancer. The nature of the procedure causes hesitation among some patients, but TerBush says that the colonoscopy is a common, painless procedure.

"We use sedation, administered by a nurse-anesthetist, so it's actually a very easy procedure," TerBush says. "You will wake up and not even know that you had it done. There's nothing to be afraid of."

WHAT YOU NEED TO KNOW ABOUT A COLONOSCOPY

Test your knowledge with these facts from the Hills & Dales OR department

1. True/False: A colonoscopy can screen for cancer.
2. True/False: No one younger than age 50 needs a colonoscopy.
3. True/False: Only men need colonoscopies.
4. True/False: Patients should feel nervous about their colonoscopies.

ANSWERS

1. True: A colonoscopy is a great evaluation tool for finding possible abnormalities in the colon.
2. False: Although colonoscopies are encouraged at age 50, anyone with a family history of colon cancer or health concerns can have one performed sooner.
3. False: Both men and women at age 50 should be screened.
4. False: During the procedure, medicine can help you relax, and well-trained staff members provide support to help patients feel comfortable.



HEALTHY YOU!
SPRING IS IN THE AIR

Warmer weather means there are plenty of outdoor activities to keep you healthy

After a record-breaking cold winter, spring is finally on the horizon—and it's time to get outside and get moving!

The Centers for Disease Control and Prevention recommend that adults get a minimum of 150 minutes of physical activity a week, and children should be active for at least 60 minutes a day. Not only can regular physical activity decrease the risk of a host of health problems, including diabetes, heart disease, stroke, and cancer, but getting active can also be just plain fun! Here are some ideas to get the whole family out and moving this spring:

GO FOR A HIKE. Bring along the water bottles to keep hydrated and a camera to capture the beauty of nature.

TAKE A BIKE RIDE. Helmets are a must! With bike carts and children's seats, bike riding is an activity even the little ones can participate in.

STROLL AROUND THE NEIGHBORHOOD. Just be careful not to end up at the ice cream shop!

BECOME A KID AGAIN. Try your hand at sidewalk chalk, jump rope, or kite flying for an afternoon with the kids or grandchildren.

And, of course, with any outdoor activities, protect your skin and use plenty of sunscreen, re-applying as necessary.



Diana Achatz, RD

CELEBRATE SPRING WITH THE VEGETABLE OF THE SEASON

Lighten up your dinner plate with some fresh greens

By Diana Achatz, RD, Hills & Dales

Roasted Spring Asparagus Spears

- 1 pound asparagus
- 1 tablespoon extra virgin olive oil
- ½ teaspoon minced garlic
- 2 teaspoons balsamic vinegar

Preheat oven to 425°. Drizzle roasting pan with oil. Add asparagus, and turn to coat. Season with garlic.

Roast for 20 minutes. Drizzle with balsamic vinegar before serving.

Modified from a www.eatright.org/kids/recipe.

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
 Donald Robbins, DO
 Angela Zaucha, FNP-BC
 989-872-8303

Hills & Dales General Surgery

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

Cass City Medical Practice

4674 Hill St, Cass City
 Richard Hall, DO
 John Bitner, MD
 Shawn Roberson, FNP-BC
 989-872-8202

Cass City Primary Care

6190 Hospital Dr, Ste 103, Cass City
 Surendra Raythatha, MD
 989-872-5010

Family Healthcare of Cass City

6230 Hospital Dr, Cass City
 Melanie Kramer-Harrington, MD
 Elizabeth Paling, NP
 989-872-2410

Thumb Pediatrics

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

Kingston Family Practice

5915 State St, Kingston
 Melanie Kramer-Harrington, MD
 Elizabeth Paling, NP
 989-683-8065

Ubley Medical Clinic

2254 Main St, Ubley
 Candelaria Castaneda, MD
 989-658-9191

Hospital Drive Pharmacy

An Affiliate of Hills & Dales
 General Hospital
 Hours: Mon - Fri, 9 a.m. - 7 p.m.;
 Sat, 9 a.m. - 1 p.m.; Sun - closed
 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

COMMUNITY CALENDAR **Don't Miss These Great 2014 Events!**

Featured Event

Hills & Dales Spring
Health Fair
Fri, April 11, 2014
6:30 a.m. – 1 p.m.
Hills & Dales General
Hospital

Be health smart!

The Spring Health Fair Features:

- Walk-in lab screens for cholesterol, triglycerides, HBA1C, TSH, and PSA levels
- Carotid artery screens, to be scheduled at 989-912-6295
- Free screens for blood pressure, oxygen saturation, heart rate, balance assessment, and fall risk
- Light refreshments served

For more information, call Community Education, 989-912-6365

March 2014

March 20

Diabetes Support Group. Free for all people living with diabetes and for those who care about them. Every third Thursday of the month. Conference Room 1 at hospital, 2 - 3 p.m.

April 2014

April 11

Annual Spring Health Fair. Walk-in lab screens for cholesterol, triglycerides, HBA1C, TSH, and PSA levels; carotid artery screens; and other free screenings. Conference Room 1 at hospital, 6:30 a.m. - 1 p.m. For more information, call Community Education, 989-912-6365.

April 17

Diabetes Support Group. Free for all people living with diabetes and for those who care about them. Every third Thursday of the month. Conference Room 1 at hospital, 2 - 3 p.m.

May 2014

May 15

Diabetes Support Group. Free for all people living with diabetes and for those who care about them. Every third Thursday of the month. Conference Room 1 at hospital, 2 - 3 p.m.

July 2014

July 5

Hills & Dales General Hospital 18th Annual 5K Run or Walk and 8K Run. Visit www.hdghehab.com for more information and to register.

July 16

Hills & Dales Foundation's 16th Annual Golf Outing. Held at Ubyly Heights Golf & Country Club. Registration begins at 8:30 a.m., with shotgun start at 9:30 a.m. Watch for invitations and more information to come. Cost is \$85 per person, or \$340 for a team of four.