

# Scheurer

FALL 2016

[www.scheurer.org](http://www.scheurer.org)

Better Health. Better Life.



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- **Healthy Bites**
- **Scheurer Fit Challenge**
- **Summer Wrap-Up**



## From the President's Pen

Over the course of 40 years, I have interacted with countless patients and families that all result in a common theme. Many patients experience a sense of regret that they did not take better care of themselves in previous

years. With proper care, they could have perhaps avoided the pain and discomfort that they were currently experiencing. Whether it be kicking a smoking habit, managing their weight better or bringing attention of their symptoms to a physician sooner, regret is quite common and normal.

Not only have I witnessed this emotion, but I have experienced it firsthand. There are few things more frustrating than realizing something could have been prevented with proper care early on. From this, another realization comes to light. When dealing with a serious injury or illness, everything else in life seems to take a backseat. Whether our football team wins on Friday night doesn't seem to matter nearly as much with such hurdles in front of you. Simple life pleasures like reading a book or watching a movie are much less enjoyable. This makes me realize that our health is our wealth!

At Scheurer, we have a new mantra: "Better Health. Better Life." There is no disagreement that today's cost of healthcare in the United States is unsustainable. Projections show that by the year 2040, the Medicare system will be bankrupt without dramatic change. Yet, we have to do this without discounting the quality and access to our healthcare providers. So what is the answer? We can first look to improve our nation's overall health status by reducing the incidence of chronic diseases. By bettering our health, we are bettering our life.

Despite living longer, we are seeing a growing number of chronic diseases such as Type II diabetes, heart disease, cancer, among others. The rate of obesity is growing at an alarming rate, especially among children. In the coming months and years, we at Scheurer are making a commitment to go a level above and beyond our long tradition of quality healthcare to you and your family. We are launching a series of efforts and activities to assist you in improving your overall health, no matter the phase of life. Scheurer has always demonstrated a commitment to our community and now we want to lead the way toward better health, and thus, a better life!

Sincerely,

Terrance E. Lerash, President & CEO  
Scheurer Healthcare Network

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## On the Cover

*Care Coordinator Sue Cook, RN assists patients and their families in managing health issues.*

# COMING EVENTS

## OCTOBER

### **American Heart Association CPR & First Aid**

**Classes:** Held on October 11th in the Wilson Education Center. Choose from Healthcare Provider CPR (\$45) at 8:00 am, Heartsaver CPR (\$25) or Heartsaver First Aid (\$25) at 6:00 pm. Please visit [www.scheurer.org](http://www.scheurer.org) to register.

Pre-registration and pre-payment required.

**GriefShare Support Group:** This weekly support group for those grieving the death of someone close will meet Tuesday evenings through November 29th. A free meal will be served at 5:30 pm, the meeting will begin at 6:00 pm. The program cost is \$10. Call 989.453.3981 for more information.

**Caregiver Connection:** This free support group is held in the Wilson Education Center on October 13th at 12:00 noon. Mindy McIntosh of McIntosh & Associates, Inc. will discuss "The Affordable Care Act." Lunch will be served. Call to RSVP. Reservations appreciated but not required. Everyone welcome to attend.

### **Scheurer Hospital Auxiliary Dueling Pianos:**

Held at the Pigeon VFW Hall on October 22nd. Cash bar opens at 5:30 pm, buffet dinner at 6:00 pm. Dueling Pianos will take place from 7:30 – 10:00 pm. Tickets are \$40 and available at Scheurer Hospital's main lobby, Fiscal Services Building and Amy's of Pigeon. Call Lisa at 989.453.3237 for more information.

Proceeds benefit Scheurer Hospital Auxiliary.

### **Scheurer Hospital Auxiliary \$5 Jewelry and**

**Accessory Sale:** Held in the Wilson Education Center on October 28th from 8:00 am – 4:00 pm. All items are just \$5. Proceeds benefit Scheurer Hospital Auxiliary.

## NOVEMBER

**"I Can Cope" Cancer Support Group:** Held in the Wilson Education Center on November 1st at 1:00 pm. Abby Knoblock will discuss "Yoga." Everyone welcome at this free meeting.

**GriefShare Support Group:** This weekly support group for those grieving the death of someone close will meet Tuesday evenings through November 29th. A free meal will be served at 5:30 pm, the meeting will begin at 6:00 pm. The program cost is \$10. Call 989.453.3981 for more information.

**Mental Health Matters:** Held on November 3rd at 6:00 pm in the Wilson Education Center. Social Worker Bryant Goulet of List Psychological Services will discuss "Attention Deficit Disorder." Everyone welcome to attend. Held in cooperation with List Psychological Services.

**Scheurer Hospital Auxiliary Meeting:** Held at the Scheurer Professional Center at 1:30 pm on November 7th. New members welcome.

**Caregiver Connection:** This free support group is held at Scheurer Professional Center on November 10th from 9:00 am – 2:00 pm. "A Day for Caregivers" and celebrating caregiving will be the topic of the day. Breakfast and lunch will be served. Call to RSVP. Reservations appreciated but not required. Everyone welcome to attend.

**Babysitter Training:** Held on November 15th in the Wilson Education Center at Scheurer Hospital from 8:00 am until 3:00 pm. Youth ages 11-14 are invited to join us to polish their childcare skills. Cost is \$25. Pre-registration and pre-payment required. Register online at [www.scheurer.org](http://www.scheurer.org).

**American Heart Association CPR Classes:** Held on November 17th in the Wilson Education Center. Choose from Healthcare Provider CPR (\$45) at 1:00 pm or Heartsaver CPR (\$25) at 6:00 pm. Please visit [www.scheurer.org](http://www.scheurer.org) to register. Pre-registration and pre-payment required.

## DECEMBER

**Mental Health Matters:** Held on December 3rd at 6:00 pm in the Wilson Education Center. Teri Southworth, MA, LPC of List Psychological Services will discuss "Adult Survivors of Childhood Trauma." Everyone welcome to attend. Held in cooperation with List Psychological Services.

**American Heart Association CPR Classes:** Held on December 6th in the Wilson Education Center. Choose from Healthcare Provider CPR (\$45) at 8:00 am or Heartsaver CPR (\$25) at 6:00 pm. Please visit [www.scheurer.org](http://www.scheurer.org) to register. Pre-registration and pre-payment required.

**"I Can Cope" Cancer Support Group:** Held in the Wilson Education Center on December 6th at 1:00 pm. The group will be enjoying the annual Christmas party. Everyone welcome at this free meeting.

**Caregiver Connection:** This free support group is held in the Wilson Education Center on December 8th at 12:00 noon. The group will be celebrating at the annual Christmas party. Lunch will be served. Call to RSVP. Reservations appreciated but not required. Everyone welcome to attend.

## JANUARY

**"I Can Cope" Cancer Support Group:** Held in the Wilson Education Center on January 2nd at 1:00 pm. Everyone welcome at this free meeting.

**Community Fitness Walk-In Classes:** A two-week session of Community Fitness Walk-In Classes will begin January 2nd. Classes will be held on Mondays and Wednesdays. Call Jeanne

at 989.453.5228 for complete schedule and pricing.

**Mental Health Matters:** Held on January 5th at 6:00 pm in the Wilson Education Center. Clinical Psychologist Trevor Grice of List Psychological Services will discuss "Depression." Everyone welcome to attend. Held in cooperation with List Psychological Services.

**Scheurer Fit Challenge:** This 12-week weight loss program begins January 16th. For more information, see page 4.

**Caregiver Connection:** This free support group is held in the Wilson Education Center on January 12th at 12:00 noon. Lunch will be served. Please call to RSVP. Reservations appreciated but not required. Everyone welcome to attend.

## FEBRUARY

**Mental Health Matters:** Held on February 2nd at 6:00 pm in the Wilson Education Center. Teri Southworth, MA, LPC of List Psychological Services will discuss "Anxiety." Everyone welcome to attend. Held in cooperation with List Psychological Services.

**"I Can Cope" Cancer Support Group:** Held in the Wilson Education Center on February 7th at 1:00 pm. Everyone welcome at this free meeting.

**Caregiver Connection:** This free support group is held in the Wilson Education Center on February 9th at 12:00 noon. Lunch will be served. Please call to RSVP. Reservations appreciated but not required. Everyone welcome to attend.

## MARCH

**Mental Health Matters:** Held on March 2nd at 6:00 pm in the Wilson Education Center. Clinical Psychologist Trevor Grice of List Psychological Services will discuss "Addictive Tendencies." Everyone welcome to attend. Held in cooperation with List Psychological Services.

**"I Can Cope" Cancer Support Group:** Held in the Wilson Education Center on March 7th at 1:00 pm. Everyone welcome at this free meeting.

**Caregiver Connection:** This free support group is held in the Wilson Education Center on March 9th at 12:00 noon. Lunch will be served. Please call to RSVP. Reservations appreciated but not required. Everyone welcome to attend.

*For more information on any of the events listed here or to RSVP for a program, please call 989.453.5222.*



Dr. Matt Williams cherishes time with his wife, Karina, and their daughter, Jessica.

## Q&A with Matthew Williams, MD General Surgeon

**Q: Scheurer Hospital is fortunate to have you on our medical staff. Share your background and specialty areas.**

A: I obtained my Bachelor Degree in Biology and Chemistry at Northwest Nazarene College located in Idaho and completed my medical degree from St. Louis University School of Medicine in Missouri. My post graduate training and residency in general surgery was completed at Geisinger Medical Center in Danville, Pennsylvania. I specialize in laparoscopic surgeries along with breast cancer care. EGD and colonoscopies are a regular part of my daily practice.

**Q: Did you always know you wanted to be a surgeon?**

A: Yes, I did. My father served on a hospital board for many years and I learned about the medical profession from him. Additionally, I enjoy fixing things so as I pursued medicine, surgery was the natural fit for me.

**Q: What do you like to do in your free time?**

A: Family time is very important. With my professional schedule, I cherish the time we're able to spend together. As a family, we enjoy camping, hiking, swimming and most outdoor activities. I'm a sports buff and have been known to get pretty excited watching any indoor or outdoor sporting event.

**Q: Parting comments you would like to share?**

A: It is a pleasure to be a part of the Scheurer Medical Team. I have been impressed with the quality of care provided by the clinical and medical staff. Additionally, I am enjoying Huron County immensely. The area is beautiful and so peaceful. I grew up in a farming community and I have always enjoyed the relaxed and calm pace of a rural location. I look forward to working with our primary care providers in meeting the surgical needs of our patients.

**To schedule an appointment with Dr. Williams, contact your primary care provider.**

## Are You Scheurer?

Perhaps you have noticed our new billboards that have been popping up across the countryside with our medical providers' smiling faces. The message is simple, but meaningful: Are You Scheurer? It is more than just our name, but our belief. When Dr. Clare A. Scheurer found his way to the Thumb of Michigan in 1934, his mission was to provide quality healthcare to the entire community. What started in a small upstairs apartment clinic, to the initial hospital on Michigan Avenue, to what our campus looks like today, that same mission still holds true. It is our belief; it is our namesake: We are Scheurer. We take great pride in keeping our community healthy, safe and prosperous. Whether you take advantage of services provided at Scheurer Hospital or through our multiple clinics in Caseville, Elkton, Pigeon and Sebawaing, we thank you for entrusting your life's well-being with us. The scope and horizon of healthcare is drastically changing, but our values are entrenched in the values of our founder, Dr. Clare A. Scheurer.

**So we ask, Are You Scheurer?**



# SPOTLIGHT on the STAFF



**Sherry Seley**  
Food Service Aid  
Nutritional Services

## I had **NO** idea

Tell us five random facts about yourself.

1. I have participated in demo derby & raced at Owendale Speedway.
2. I'm terrified of heights & snakes.
3. I'm married to my love for 21 years.
4. I raise beef cattle.
5. I swam with wild manatees in Florida.

## Family

Tell us who is in your family.

1. Husband - Mark
2. Daughter - Adriana, 19
3. Daughter - Olivia, 12

## Must **HAVES**

Three things that you must have in your life (people not included).

1. Coffee
2. Camping
3. My dogs: Pug Scooty & Border Collie Willow

## WHO'S ON FIRST

*My first job:*

Port Austin Level & Tool Manufacturing

*My first day at Scheurer:*

January 5, 2015

*The first thing I do at work:*

Greet my co-workers in my department & then get a coffee.

## -ests

*Best part of your job?*

All the smiling people I see everyday.

*What makes you the happiest?*

Spending time with my family.

*Nicest thing you've done for a patient?*

Held their arm and walked them to their destination.

*Healthiest food you like to eat?*

I love all vegetables.

## MORE ABOUT YOU...

*What is the most exciting thing you've ever done?*

White water rafting on a glacier-fed river in Alaska.

*What would you like to accomplish in the near future?*

Organize my garage.

## Scheurer Fit is Right Around the Corner

The holidays are coming and you know what that means – parties, food and over-indulging. If you are worried about getting back on track afterwards, we have just the program for you! The Scheurer Fit Challenge is a 12-week fitness challenge to help individuals (working in teams of six) to move toward their personal weight loss and physical activity goals.

Registration for the 2017 Challenge begins December 12th. The fee is \$120 per person and includes:

- Individual evaluation and food planning with a Registered Dietitian
- Individual evaluation and fitness planning with a Fitness Coach
- Baseline measurements

- 12-week membership to Sandy Shores, Sebewaing Health Center and Scheurer Hospital Fitness Center
- Weekly group fitness activities
- Weekly group education sessions
- Weekly weigh-in on the official scale
- Scheurer Fit Challenge swag
- Prizes for winning team and individual awards

The Challenge begins January 9th. Accept the Challenge by calling Jeanne at 989.453.5228 to sign up.

**Decide. Commit. Succeed.**





## We'd love to hear from you!

Scheurer Hospital: 989.453.3223  
 Scheurer Fiscal Services: 989.453.7301  
 or 800.690.9972  
 Scheurer Family Vision Center:  
 989.453.2025

### Senior Living Services

Country Bay Village – A Senior  
 Independent Living Community:  
 989.453.2188  
 Country Gardens – Assisted Living  
 Community: 989.453.7474  
 Scheurer Hospital Long Term Care:  
 989.453.5221

### Scheurer Family Pharmacies

Caseville: 989.856.2900  
 Elkton: 989.375.2121  
 Pigeon: 989.453.2535  
 Sebawaing: 989.883.3850

### Physician Clinics

Caseville Family Medicine: 989.856.3449  
 Elkton Family Medicine: 989.375.2214  
 Redi-Care Clinic (RCC): 989.453.3223  
 Scheurer Family Medical Center:  
 989.453.2141  
 Scheurer Professional Center:  
 989.453.3798  
 Sebawaing Family Medicine:  
 989.883.9656

### Fitness and Rehab Centers

Sandy Shores Fitness &  
 Physical Therapy Center: 989.856.3004  
 Scheurer Hospital  
 Rehabilitation Services: 989.453.5217  
 Sebawaing Health Center: 989.883.2617

## Billing Bits

### Why is my provider billing a penny?

Have you recently received an Explanation of Benefits from your health insurance company that showed your doctor/provider billed a penny for some services you had done in the office? It may have looked like this example:

Date of Service	Code Billed	Billed Amount	Audit/PO Savings	Not Covered	Allowed Amount	Patient Deduct	Patient Co-pay	% Paid	Paid Amount	Patient May Owe
06-27-2016	87880	34.00	16.37	0.00	17.63	0.00	0.00	80	14.10	3.53
06-27-2016	3077F	0.01	0.00	0.01	0.00	0.00	0.00	0	0.00	0.01
06-27-2016	3080F	0.01	0.00	0.01	0.00	0.00	0.00	0	0.00	0.01
06-27-2016	99213	93.00	17.45	0.00	75.55	0.00	30.00	100	45.55	30.00
<b>TOTALS:</b>		127.02	33.82	0.02	93.18	0.00	30.00		59.65	33.55

#### Codes Billed

3077F MOST RECENT SYSTOLIC BLOOD PRES >/EQUAL 140 MM H  
 3080F MOST RECENT DIASTOL BLOOD PRES >/EQUAL 90 MM HG  
 87880 STREPTOCOCCUS GROUP A  
 99213 OFFICE OUTPATIENT VISIT

You are probably thinking, "What on earth could cost a penny now-a-days?" The new focus of the healthcare insurance industry is preventative care for the well-being of their customers. Insurance companies are now requiring that providers supply them with information about their patients through a series of codes on the bill. They ask that the provider charge a penny for the code so that it will process through their claims systems. These codes represent different results of tests and procedures that were done on the patient such as a blood pressure reading or a diabetes level. In the example above the patient's blood pressure was taken by a medical assistant at this doctor appointment. The reading was 145/96. The office staff added the two blood pressure codes to the bill (3077F and 3080F) so the insurance company now knows that this patient had high blood pressure on this day. Why would insurance companies care that this patient has high blood pressure? Untreated high blood pressure can lead to strokes, heart disease, and other conditions that will be very costly to the insurance company. The actual term for this process is the Healthcare Effectiveness Data and Information Set or HEDIS Measures. It is a tool used by more than 90% of America's health plans to measure performance on important dimensions of care and service. Altogether HEDIS consists of 81 measures across five areas of care.

Codes are continually being added by insurance companies to allow them to measure value so you will likely see more penny codes on your bills. You will not be expected to pay for the penny charges at Scheurer Hospital. Our billing

department will adjust these charges off of your bill. On the example above, this patient should have received a balance bill of \$33.53.

So when you see that penny charge on your health insurance Explanation of Benefits page, just know that it is a reporting code and not a charge to you.



# Healthy Bites

## Easy Healthy Banana Berry Chocolate Chip Cookies

Makes about 10 cookies

### Ingredients

- 1 ½ cups whole rolled oats
- ½ cup peanut butter
- 2 ripe bananas
- ½ Tablespoon raw honey
- ½ teaspoon vanilla extract (imitation is fine)
- ½ cup blueberries
- ¼ cup semi-sweet chocolate chips (or cocoa nibs)

### Instructions

Preheat oven to 350°F. Mix peanut butter and bananas together then add in oatmeal, honey and vanilla. Fold in blueberries and chocolate chips. Place by spoonful on a baking sheet lined with parchment paper and bake for 10-12 minutes.



Abby Knoblock  
Staff Development and  
Wellness Coordinator

## Looking Ahead - Mental Health Matters

Scheurer Hospital is excited to partner with List Psychological Services for the second year in a row to offer the Mental Health Matters program. Mental Health Matters is an educational program held on the first Thursday of each month at 6:00 pm in the Wilson Education Center. Each month features a different topic presented by an expert from List Psychological Services. The topics throughout the fall and winter months are sure to be crowd pleasers.

On October 6th, social worker Michelle Hyzer will discuss Seasonal Affective Disorder, or SAD. SAD is a type of depression that's related to changes in the seasons. Typically, symptoms begin in the fall and continue throughout the winter months. Hyzer will explain more about SAD and talk about treatments.

Social worker Bryant Goulet will discuss Attention Deficit Disorder (ADD) on November 3rd. ADD is a

common, chronic illness affecting both children and adults. Symptoms, treatments and new developments will be explained during the presentation.

Adult Survivors of Childhood Trauma will be the topic of discussion on December 1st. Teri Southworth will present that night.

Clinical Psychologist Trevor Grice will discuss Depression on January 5th. Symptoms, causes, risk factors and complications will all be on the agenda for the evening.

Mental Health Matters continues through May with topics such as Anxiety, Addictive Tendencies, Autism and Mindfulness Skills. Everyone is welcome to attend. Light refreshments are served. For more information, please contact Katie at 989.453.5222.

# Summer Wrap-Up

The summer of 2016 was a great one for Scheurer. Parades, races, health expos and many other events kept staff busy. Check out a few of our favorite memories from the past few months.



*And they're off! Forecasts of thunderstorms didn't stop over 300 people from coming out and joining us at the Cheeseburger 5k Fun Run.*



*20/20 vision is important throughout every stage of life. Free eyeglass adjustments were just one of the great services offered at the Health Expo during the Cheeseburger in Caseville festival.*



*Firefighter in training! Getting a chance to spray the hose is always a favorite during the Kids' Safety Day event at Cheeseburger in Caseville.*



*Bowling a strike at Wii bowling earned participants a Scheurer bag during the Senior Health Expo at the Huron Community Fair.*



*The 2nd Annual Scheurer Kiddie Cruise 1/4 mile race was held in July to help kick-off Pigeon's Summerfest. All runners received a medal.*



*Did you get your Scheurer football this summer at one of the parades? This group distributed them during the Elkton AutumnFest parade.*



# ASK SCHEURER



*Dr. Clare Scheurer  
Founder of Scheurer Hospital*

As founder of Scheurer Hospital, Dr. Clare Scheurer was a great visionary. This question and answer forum will help provide insight into some of the many intricacies of healthcare. We hope you enjoy these questions and answers as we hope to honor Dr. Scheurer's legacy.

## **Patient Question**

I recently had a knee replacement at Scheurer Hospital. Everything went great but I am so curious: Why did the surgeon write on my leg before I went to the operating room? Wasn't it in my record that I was having my left knee replaced, not my right knee?

## **Scheurer Answer**

We are delighted that you chose Scheurer for your knee replacement and glad to hear you had a great experience with us!

We believe that each patient's safety at Scheurer Hospital is our number one priority. We would never want to cause harm to anyone and we want to make sure that we are able to treat you for the purpose that you came to see us. It is well known that hospitals can be very dangerous places, because of the very nature of our business. We deal with radiation, toxic medications such as chemotherapy and we operate on people. Danger is a very real consequence with all of that in mind.

What you are referring to is called, "site marking." Site marking is done by your surgeon in collaboration with you and your family prior to your procedure and when you are still awake. This is a double, triple and quadruple check that we are all on the same page with which body part we are operating on. You asked if we had marked in your chart what side we were doing the operation on. You betcha! These multiple checks come into play because we have identified which leg we are operating on in these spots (to name a few): the daily schedule, your boarding slip, your consent form, the surgeon's office documents and our surgical safety checklist. Then we'll ask you several times before the procedure which leg we are working on.

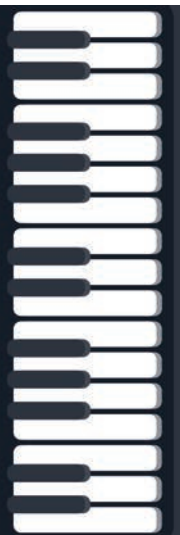
We also perform a "Time Out" prior to the start of the procedure inside the Operating Room. Despite what the name may imply, no one is sitting in the corner during our Time Outs. Time Outs are a moment for everyone who is on the team in the Operating Room to pause and make sure that everything is in order. They again verify that you are the correct patient, that they know exactly where they are operating on you, what procedure they are doing, what allergies you may have and ensure that all of the equipment that may be needed is available.

You may notice that smaller versions of site marking and time outs are performed throughout the hospital and our clinics. Safety is important to us no matter the location of the treatment.

Our patients trust us with their lives and we do not take that for granted. Just as you would not consider driving without a seatbelt, we would not consider performing procedures without all of our safety processes.

**Mark your calendar for the Scheurer Hospital Auxiliary Dueling Pianos event. This FUNdraiser will be held on **Saturday, October 22nd** at the Pigeon VFW Hall.**

**Enjoy a night out with dinner catered by The Pasta House, raffles, silent auction, Dueling Pianos entertainment and a cash bar. Tickets are \$40 per person and are available at Scheurer Hospital's main lobby, Fiscal Services Building and Amy's of Pigeon or by calling Lisa at 989.453.3237.**



Scheurer Hospital Auxiliary  
**DUELING PIANOS**  
ENTERTAINMENT BY COOL 2 DUEL  
**SATURDAY, OCTOBER 22, 2016**  
**MARK YOUR CALENDAR**

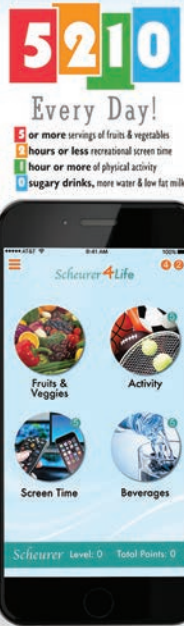
## Stay on Track with the Scheurer4Life App

We are “APPsolutely” delighted to share the news that we will be launching a health app for iOS and Android this fall called Scheurer4Life. This free app is designed for all ages and will help users focus on following the 5210 plan, a nationally-recognized obesity prevention program.

Users will enjoy functionality that allows them to:

- track their 5210 progress daily
- form groups (think co-workers, family members, friends, etc.)
- send and accept challenges from others in their group
- accrue points to advance levels
- redeem points for rewards

We anticipate that the app will be available for download in early October, and we’ll be sure to share the news once it’s ready for use.



## EMTs Needed

Scheurer Hospital’s Ambulance Department is always looking for prospective Emergency Medical Technicians (EMTs). The EMT training course usually consists of 120 hours of classroom time and field practice. An EMT is required to pass a practical as well as a cognitive exam and meet any other state requirements. These items include being healthy, drug-free, over the age of 18 years at the time of licensing, holding a Basic Life Support (CPR) certification and undergoing a background check. If you or someone you know would like a rewarding career as an EMT, visit [www.michigan.gov](http://www.michigan.gov) or contact Beth Swartzendruber at Scheurer Hospital 989.453.3223, extension 4342.



## Care Coordinator Partners in Your Care

Scheurer Hospital recently hired registered nurse Sue Cook as a Care Coordinator. In her position, Sue will work closely with our Medicare population and our physicians in our outpatient clinics in Caseville, Elkton, Pigeon and Sebawaing. Sue is extremely excited to have this opportunity because she believes the patient is our greatest resource.

Sue has been a member of our community her entire life. Pigeon is her hometown; both growing up and raising her family here. Sue’s passion in life was to care for people and she answered that calling by becoming a nurse 36 years ago.

As Care Coordinator, Sue works in a continuous partnership with chronically ill or “high-risk” patients, their family/caregiver(s), their primary care provider, any specialty providers and the hospital. By working closely with the entire team, we can help promote and encourage timely access to appropriate care, increase utilization of preventative services, reduce emergency room utilization and hospital readmissions, provide medication reconciliation between all providers and increase patients’ ability for self-management.

There are multiple ways to work with Sue; your family doctor can introduce you to Sue to help you with your healthcare needs or she can reach out to you. Sue can be your advocate to help coordinate your care, review

and provide assistance with your medications, guide you through the ever-changing healthcare environment or be a listening ear.

Our desire at Scheurer Hospital is by having our Care Coordinator work closely with the entire care team, we can enhance patient health and well-being, increase patient satisfaction, and reduce healthcare costs.



Care Coordinator Sue Cook works with patients to manage their health.

# Top **5** Reasons to move to Country Bay Village!

Clark and Barb Eidt, Country Bay Village residents, moved into their condo in July 2016. They compiled their top five reasons for making Country Bay Village their home.



*Clark and Barb appreciate the maintenance-free living Country Bay offers!*



*Maintenance staff member, Matt Roemer, and Clark share stories while working on a project.*

## The Eidts' Top Five:

**Friendly Town!** Pigeon is a very welcoming town to its new residents. We are meeting new friends and re-establishing old friendships. We have enjoyed the concerts in the Band Shell and visits to the businesses, Pigeon Library and Farmer's Market.

**Beautiful Facility!** Our condo is situated in a very quiet, peaceful and scenic location. We feel very safe due to having added security provided by the hospital. Our condo and attached garage are very spacious and in great condition. We were fortunate to utilize all of our furnishings from our previous home.

**Excellent Services!** We have found the personnel of Country Bay Village to be very helpful in providing assistance in our adjustment to our new home. They have provided excellent service in addressing our needs.

**Access to Medical Care!** We appreciate the fact that we can receive services from Scheurer Hospital, as needed. The Scheurer Redi-Care Clinic was used during our first month of residency and we appreciate the convenience of having Scheurer Family Pharmacy - Pigeon next door, as well.

**Maintenance-Free Living!** The landscaping services are excellent. We now have more time to pursue our favorite activities. Barb enjoys reading books and Clark continues his hobby of making delicious donut holes for his friends. They both enjoy riding in their new golf cart in town and the neighboring country side.



*The spacious garage allows plenty of room for their vehicle and new golf cart.*

## COUNTRY BAY VILLAGE

A Senior Independent Living Community  
161 Country Bay Drive, Pigeon  
989.453.2188

## COUNTRY GARDENS

An Assisted Living Community  
203 North Caseville Road, Pigeon  
989.453.7474

## LONG TERM CARE

170 North Caseville Road, Pigeon  
989.453.5221

# Medical Minute - Influenza

Influenza, commonly referred to as “the flu,” is a viral infection of the nose, throat and lungs. The symptoms of this disease are cough, fever, chills, headache and sore throat. This illness can lead to serious complications such as pneumonia, bronchitis, croup and even death. Vaccination can help protect you and your family from the threat of influenza.

The CDC recommends that everyone six months of age and older receive the vaccination annually.

**Myth** – It’s too early to receive the flu shot.

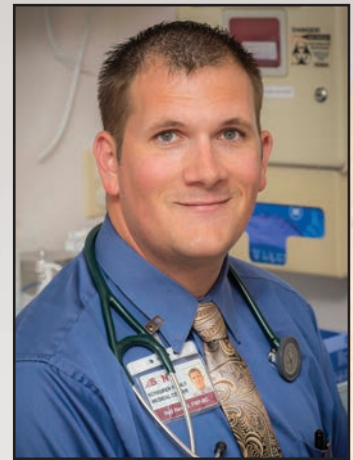
**Fact** – There have already been documented cases of influenza in Michigan. A flu shot now will protect you during the worst parts of the flu season, November through March. Doses of vaccines have already been shipped and should be ready to administer soon.

**Myth** – The influenza vaccine will give me the flu.

**Fact** – The flu shot does not contain any live virus, so you cannot get influenza from the flu shot. Side effects such as mild soreness, redness, swelling at the injection site or low grade fever may occur in some people.

**Myth** – I’m always healthy so I don’t need a flu shot.

**Fact** – A person that contracts the virus will spread it to others for 24-48 hours before any symptoms appear. A person infected with influenza, even if their symptoms are very mild, can spread severe illness to others. So vaccination not only protects yourself, but it protects your family and loved ones.



Hall Hewett, Nurse Practitioner  
Scheurer Family Medical Center

Flu seasons are unpredictable and can be severe. Between 1976 and 2007, estimates of flu-related deaths in the United States range from a low of 3,000 people to a high of about 49,000. Each year, more than 200,000 people are hospitalized from the flu, including an average of 20,000 children younger than five years of age.

A flu vaccine reduces your risk of illness, hospitalization, or even death and can prevent you from spreading the virus to your loved ones. Protect your family from flu: schedule your flu shot today!

## The Dwight Gascho Leadership Fund

Dwight Gascho retired in July after 26 years as Scheurer Healthcare Network’s President and CEO. During his time at Scheurer, he provided continuous leadership and was successful in leading and growing our organization. To honor Dwight’s outstanding tenure and to maintain a strong leadership focus in the future, The Dwight Gascho Leadership Fund has been created.

This fund will be used exclusively to support leadership growth and professional development for board members, medical staff, managers and employees within Scheurer Healthcare Network. If you would like to assist in the establishment of this fund, contributions can be made directly to:

### Huron County Community Foundation

Attention: The Dwight Gascho Leadership Fund  
Huron County Community Foundation  
PO Box 56 • Bad Axe, MI 48413



## Meet HOWie!

We’re delighted to introduce you to the newest member of the Scheurer Family, HOWie (short for Health on Wheels). You may meet HOWie on the road, or perhaps even see him at a community event. When you do, know that Scheurer staff are out and about, making health and lives better.