

# SCHEURER HEALTHCARE NETWORK

*People You Trust, Caring For People You Love*



INSIDE

- Healthy Bites
- Upcoming Health Fair
- Goal to Stroll Program





## From the President's Pen

As you've already noted, our cover page features Dan Drake, a bright young medical student who has spent much of the past year with us here at Scheurer Hospital. Dan is a student of the Michigan State University College

of Human Medicine and has been chosen to participate in a new program the MSU College of Human Medicine has recently implemented. That program is called the Rural Community Health Program (R-CHP) and has been initiated in limited sites across the State of Michigan. We feel so fortunate to have been chosen as one of those sites.

Scheurer Hospital has enjoyed a warm relationship with the MSU College of Human Medicine since 2004 when we entertained the first of many medical students the school sent our way. While those experiences were extremely valuable to the students, their time here was limited to only three or four weeks. A wish to spend more time in our organization was a common theme expressed to us over the years. MSU received the same feedback and as a result, the program was expanded to what we now know as the Rural Community Health Program.

Twenty-five percent of the US population lives in rural communities but only nine percent of primary care physicians practice in rural areas. We are convinced programs like MSU's R-CHP will not only expose students to rural opportunities, but will encourage them to consider setting up their practices in rural areas once their residency programs are completed.

I have chosen to make rural America my home and most of you reading this publication have made a similar decision. Like the rest of America, rural communities deserve the very best in medical care. The commitment of Scheurer Hospital over the years has always been to provide excellent healthcare services. This partnership with MSU's College of Human Medicine is a big step in assuring an ongoing ability in providing the kind of care we've come to expect and truly deserve.

Sincerely,

Dwight Gascho, President & CEO  
Scheurer Healthcare Network

# CONTENTS

## – FEATURES –

From the President's Pen.....	2
Coming Events .....	3
Meet the Med Staff .....	4
Spotlight on the Staff .....	5
Community Health Fair .....	5
Contact Us .....	6
Billing Bits.....	6
Housekeeping Recognized.....	6
Healthy Bites.....	7
Patient Centered Medical Home.....	7
Auxiliary Happenings .....	8
Looking Ahead .....	8
Ask Scheurer.....	9
Construction Update .....	9
Scheurer Joins New Student Program..	10
Low-Dose CT Lung Screening .....	10
Senior Happenings.....	11
Medial Minute - Exercises of 2016 ....	12
Caseville Health Fair .....	12

## On the Cover

*MSU student Dan Drake takes a moment to smile for the camera with Pediatrician Theresa Guinther as they talk about the importance of reading to Evan and Elle.*

# COMING EVENTS

## APRIL

**Scheurer Hospital Auxiliary Meeting:** Held at the Scheurer Professional Center at 1:30 pm on April 4th. New members welcome.

**"I Can Cope" Cancer Support Group:** Held in the Wilson Education Center on April 5th at 1:00 pm. Registered Nurse Marie Maust will discuss "How to Talk About Having Cancer." Everyone welcome at this free meeting.

**Senior Program:** Seniors and their families are welcome to join us at Country Bay Village on April 5th at 2:00 pm for "Get Your Down Dog On: Senior Yoga" presented by Fitness Instructor Jeanne Putman. Refreshments served. Please call to register for this free program.

**GriefShare Support Group:** This weekly support group for those grieving the death of someone close will meet Tuesday evenings through May 24th. A free meal will be served at 5:30 pm, the meeting will begin at 6:00 pm. The program cost is \$10. Call 989.453.5222 for more information.

**Mental Health Matters:** Held on April 7th at 6:00 pm in the Wilson Education Center. Clinical Psychologist Trevor Grice of List Psychological Services will discuss "Technology – Don't Let it Manage You." Everyone welcome to attend. Held in cooperation with List Psychological Services.

**American Heart Association First Aid & CPR Classes:** Held on April 12th in the Wilson Education Center. Choose from Healthcare Provider CPR (\$40) at 8:00 am, Heartsaver CPR (\$20) at 1:00 pm or Heartsaver First Aid (\$20) at 6:00 pm. Pre-registration and pre-payment required. Register online at [www.scheurer.org](http://www.scheurer.org).

**Senior Program:** Seniors and their families are welcome to join us at Country Bay Village on April 12th at 2:00 pm for "Making Blood Thinner Since 1948... What's New With Warfarin and Other Blood Thinners" presented by Physician Assistant Mackenzie Paulson. Refreshments served. Please call to register for this free program.

**Caregiver Connection:** This free support group is held in the Wilson Education Center on April 14th at 12:00 noon. Registered Nurse Marie Maust will discuss "Dealing With 'Stuff' in Your Life." Lunch will be served. Please call to RSVP. Reservations appreciated but not required. Everyone welcome to attend.

**Goal to Stroll Training Program registration:** Get registered and get moving with our 8-week walking program. Get weekly tips and encouragement and work your way up to walking one mile. Registration is \$10 and runs April 18th – 29th. Call or stop by Community

Relations to sign up. Program begins May 2nd. See Looking Ahead on page 8 for more details.

**Senior Program:** Seniors and their families are welcome to join us at Country Bay Village on April 19th at 2:00 pm for "Snack Attack: Healthy and Easy Senior Snacking" presented Registered Dietitian Danielle Penfold. Refreshments served. Please call to register for this free program.

**Senior Program:** Seniors and their families are welcome to join us at Country Bay Village on April 26th at 2:00 pm for "Bye, Bye Back Pain" presented by Dr. Michael Paulson of Elkton Family Medicine. Refreshments served. Please call to register for this free program.

## MAY

**Scheurer Hospital Auxiliary Meeting:** Held at the Scheurer Professional Center at 1:30 pm on May 2nd. New members welcome.

**"I Can Cope" Cancer Support Group:** Held in the Wilson Education Center on May 3rd at 1:00 pm. Teri Southworth of List Psychological Services will be discussing "Feelings Before, During and After Treatment." 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 May 24th. A free meal will be served at 5:30 pm, the meeting will begin at 6:00 pm. The program cost is \$10. Call 989.453.5222 for more information.

**Scheurer Hospital Auxiliary Spring Luncheon & Style Show:** Held on May 4th at 12:00 noon at the Pigeon VFW Hall. Tickets are \$15 and sell out quickly, so be sure to get yours soon! Please call for tickets or more information.

**American Heart Association CPR Classes:** Held on May 5th in the Wilson Education Center. Choose from Heartsaver CPR (\$20) at 8:00 am or Healthcare Provider CPR (\$40) at 1:00 pm. Pre-registration and pre-payment required. Register online at [www.scheurer.org](http://www.scheurer.org).

**Mental Health Matters:** Held on May 5th at 6:00 pm in the Wilson Education Center. Social Worker Bryant Goulet of List Psychological Services will discuss "Child and Adolescent Behavioral Issues." Everyone welcome to attend. Held in cooperation with List Psychological Services.

**American Heart Association First Aid Class:** Held on May 12th in the Wilson Education Center at 1:00 pm. Pre-registration and pre-payment of \$20 required. Register online at [www.scheurer.org](http://www.scheurer.org).

**Caregiver Connection:** This free support group is held in the Wilson Education Center on May 12th at 12:00 noon. Registered Nurse Merry O'Connell will discuss "Stress Experienced by a Caregiver." Lunch will be served. Call to RSVP. Reservations appreciated but not required. Everyone welcome to attend.

**Health Fair:** Held at the Scheurer Professional Center on May 24th from 7:00 am until 6:00 pm. Stop by (no appointment necessary) and take advantage of free health screenings.

## JUNE

**Mental Health Matters:** Held on June 2nd at 6:00 pm in the Wilson Education Center. Jenna Shaw of List Psychological Services will discuss "Anger Management." Everyone welcome to attend. Held in cooperation with List Psychological Services.

**"I Can Cope" Cancer Support Group:** Held in the Wilson Education Center on June 7th at 1:00 pm. The group will be designing luminaries for Relay for Life. Everyone welcome at this free meeting.

**Caregiver Connection:** This free support group is held in the Wilson Education Center on June 9th at 12:00 noon. Registered Nurse Dianne Allen from the Scheurer Hospital Long Term Care will discuss "How to Connect With Someone With Alzheimer's." Lunch will be served. Please call to RSVP. Reservations appreciated but not required. Everyone welcome to attend.

**American Heart Association CPR Classes:** Held on June 14th in the Wilson Education Center. Choose from Healthcare Provider CPR (\$40) at 8:00 am or Heartsaver CPR (\$20) at 6:00 pm. Pre-registration and pre-payment required. Register online at [www.scheurer.org](http://www.scheurer.org).

**Babysitter Training:** Held on June 22nd 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).

**Relay for Life:** Join the Scheurer Healthcare Network team on June 25th and 26th at the Bad Axe City Park. This 14-hour fundraising event begins at 10:00 am on June 25th and runs until 12:00 midnight. If you'd like to join our team or donate, please give us a call!

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



## MEET THE MED STAFF



*A recent trip to Virginia created a number of fond memories for the Dubriwny family.*

### Q&A with David Dubriwny, DO

***Q: Scheurer Hospital is fortunate to have your medical expertise in our Diagnostic Imaging Department. Share your background and specialty areas.***

**A:** Radiology has always been my favorite area of medicine. The mix of very high-end technology with a mix of direct patient contact when performing many different types of procedures contributes to my love of this specialty. After my residency training at Mt. Clemons General Hospital, I attended a dual fellowship program at Beaumont Hospital, Royal Oak. This included complete fellowship training in Breast Imaging and Cross Sectional Body Imaging as well. I enjoy all aspects of breast imaging and procedures such as ultrasound-guided core biopsies, ultrasound-guided cyst aspirations and fine needle aspirations, stereotactic breast biopsies and ductograms. I perform procedures on a daily basis and these tests are performed exclusively at Scheurer Hospital.

I also perform many other biopsies such as thyroid, lymph node, lung, liver or anything that requires tissue for diagnosis. I can help patients with an abscess placing a drain in them with ultrasound or CT guidance so that they do not need to travel to larger institutions when they are very sick. Between the Diagnostic Imaging Service Leader, Laurie Polega, and myself, we have successfully instituted a Low-Dose Screening CT program to screen for lung cancer. This is particularly used for patients with a long history of smoking or may be utilized for asbestos exposure patients, as well. I'm pleased to be a part of the Radiology Department at Scheurer Hospital offering top quality exams and interpretations.

***Q: Did you always know you wanted to work in the healthcare field?***

**A:** As a young man, I worked as an electrical apprentice and spent several years in the automotive prototype industry. I enjoyed both fields and the experiences they provided were invaluable. However, I loved the field of medicine and it is my true passion.

***Q: Would you like to share personal information with us?***

**A:** Of course! My wife, Karen, and I have been married for almost 28 years. We are blessed with two beautiful daughters, Erin and Rachel. Erin holds a Bachelor degree in Healthcare Administration and works for Munson Hospital in Traverse City and is busy planning her wedding for this summer. Rachel is near completion of her Petroleum and Natural Gas Engineering degree from West Virginia University.

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

**A:** My favorite activities include golfing, fishing, hunting and bowling. I like to spend as much time with my family doing these activities. We discovered saltwater fishing in the Florida Keys a few years back and we have been hooked ever since. Bow hunting is a particular interest of my youngest daughter, wife and mine. This is in addition to duck and goose hunting. We are always looking for that honey hole as all waterfowl hunters do.

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

**A:** I have found Huron County as a gem of a place to work, live and worship. The people are genuine and friendly. I am looking forward to devoting my career as a Scheurer radiologist until the day I am forced to retire.

# SPOTLIGHT on the STAFF



**Beth Maust**  
Administrative Assistant  
Country Bay Village

## I had **NO** idea

Tell us five random facts about yourself.

1. I love to watch my kids participate in various activities.
2. I enjoy our boat.
3. I like trying new recipes.
4. I like to play a variety of games.
5. I love "girls' day out" with my daughter and extended family.

## Family

Tell us who is in your family.

1. Husband-Ben
2. Children-Jordan and Kaylee

## Must **HAVES**

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

1. God/Church Family
2. Flavored Coffee & Creams
3. Music
4. Mexican Food
5. Summer sunsets on the lake

## WHO'S ON FIRST

*My first job:*

**Babysitter**

*My first day at Scheurer:*

**August 14, 2006**

*The first thing I'd like people to say about me:*

**"She was compassionate & helpful."**

## -ests

*Best part of your job?*

**Being a part of residents' lives and working in a caring environment**

*What makes you the happiest?*

**Spending time with my family**

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

**Listening ear when resident was sad and upset**

*Healthiest food you like to eat?*

**Blueberries & almonds**

## MORE ABOUT YOU...

*Best advice you would give your 16 year-old self?*

**Always do your best, have a positive attitude & be comfortable with yourself.**

*What superpower would you like to have?*

**Super Speed**

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

**Achieve my personal fitness goals**

## SAVE THE DATE!

The annual Scheurer Hospital Community Health Fair will be held on Tuesday, May 24th, 2016 from 7:00 am – 6:00 pm at the Scheurer Professional Center in Pigeon. As always, no appointment is needed for any of the services offered. Please watch for more information as the date draws nearer.







## 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  
Sebewaing: 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  
Sebewaing 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  
Sebewaing Health Center: 989.883.2617

## Billing Bits

### How do out-of-pocket maximums work?

If you've read about deductibles, coinsurance and copays, you know that you share the cost of care with your health insurance company. **But did you know there's a limit on what you're expected to pay?** It's called an out-of-pocket max, or maximum.

An out-of-pocket maximum is the most you'll have to pay during a policy period (usually a year) for healthcare services. Once you've reached your out-of-pocket maximum, **your plan begins to pay 100 percent** of the allowed amount for covered services.

How it works for health coverage...All the money you pay toward your plan's deductible, and for coinsurance and copays, go toward your out-of-pocket max. If you have a family plan – a plan that covers more than one person – your out-of-pocket max will be higher, but the coinsurance and copays you pay for everyone on the plan all add up to the out-of-pocket max.

For example, Mike has a plan that covers his wife and three children. His out-of-pocket maximum is \$3,000. Paying his \$500 deductible goes toward his out-of-pocket max. Then his plan starts sharing the cost. Occasionally someone in the family gets sick and needs to go to the hospital. The copays and 20 percent coinsurance for that add up to another \$700. That means Mike's paid \$1,200 toward their out-of-pocket max. Once Mike has met the \$3,000 through deductibles, coinsurances and copays he and his family will be covered at 100%.

If you need help understanding your out-of-pocket maximum you should consult your benefit manual or call your insurance company. Your health insurance company will be able to tell you where you stand in regards to your out-of-pocket maximum. If you need help with any billing questions, our billing department stands ready to help you out. Just call us anytime – we are here for you!

**Scheurer Healthcare Network Billing Department**  
**989.453.7301 or toll free at 1.800.690.9972**



Scheurer Hospital was recognized in the top three Michigan hospitals with the cleanest rooms as reported by patients. Congratulations to our housekeeping and custodial staff members for making Scheurer sparkle and shine each and every day!

## Roasted Corn and Black Bean Salsa

### Ingredients

- 1 bag (11-12 oz.) of frozen roasted corn with peppers mixture, thawed
- 1-28 oz can Rotel diced tomatoes with green chilies, drained
- 1-15 oz can Kurer's black beans with cumin & chili spices, drained and rinsed
- 1/2 large red onion, diced
- 1-2 jalapenos, seeds removed and diced (leave in some seeds if you like the heat)
- 2 tablespoons chopped cilantro leaves
- 2 tablespoon lime juice
- 1 teaspoon chopped garlic
- Salt and freshly ground black pepper
- Tortilla chips or scoops

### Directions:

In a large bowl combine corn, tomatoes, beans, onion, jalapeno, cilantro, lime juice and garlic. Season with salt and pepper and mix well. Serve with tortilla chips or scoops.



Recipe submitted by  
Pamela Ventura,  
Acute Care Unit Clerk

## Patient Centered Medical Home

Scheurer Hospital is working diligently to ensure our patients receive the quality care they've come to expect. As such, Elkton Family Medicine and Scheurer Family Medical Center have been designated as Patient Centered Medical Homes (PCMH) and Caseville Family Medicine and Sebawaing Family Medicine have both been nominated to be PCMHs. A PCMH is a trusting partnership between a doctor-led healthcare team and an informed patient. The ultimate goal is to help patients reach their health goals of living longer, productive and healthy lives. The process includes an agreement between the doctor and the patient that acknowledges the role of each in a total healthcare program.

### The health team will:

- Ask you what your goals are, or what you want to do to improve your health.
- Remind you when tests are due so that you can receive the best quality care.
- Ask you to have blood tests done before your visit so that the doctor has results at your visit.
- Explore methods to care for you better, including ways to help you care for yourself.

### The patient will help by:

- Telling us about your needs and concerns.
- Taking part in planning your care and following through with it.
- Telling us what medications you are taking and ask for a refill at your office visit when needed.
- Letting us know when you see other doctors and what medications they put you on or change.
- Learning about your insurance so that you know what it covers.
- Keeping your appointments as scheduled, or call and let us know when you cannot.
- Giving us feedback so we can improve our services.

We look forward to continuing our relationship with our patients and we see a bright future in the management of your care.



## Auxiliary Happenings

This year on May 4th the Scheurer Hospital Auxiliary is holding their the 14th Annual Spring Luncheon & Style Show Fundraiser. The show will begin at 12:00 noon at the Veteran Memorial Hall. Lunch will be catered by The Pasta House with take-outs available. All items featured will be from Amy's of Pigeon, Buckley's Shoes, Lindas' Basket Case and Scheurer Family Vision Center. Tickets are \$15 and are available in Scheurer Hospital at the front desk and Thumb National Bank. Coupons from participating businesses will be available for attendees of the Style Show. Spring has sprung and sunny days have begun. We hope to see you there!

Scheurer Hospital Auxiliary

# Spring Luncheon & Style Show

Catered by The Pasta House  
Wednesday, May 4th, 2016  
12:00 Noon  
Veteran Memorial Hall  
311 Main Street, Pigeon

Style Show Tickets \$15

Available at:  
Thumb National Bank &  
Scheurer Hospital

Style Show Presented by:  
Amy's of Pigeon  
Buckley's Shoes  
Lindas' Basket Case  
Scheurer Family Vision Center



Take-Outs available at 11:30  
Please call 989.551.1603 ahead for take-out

A Division of...  SUN SCHEURER HOSPITAL HEALTHCARE NETWORK

## Looking Ahead

### Goal to Stroll Training Program Begins May 2nd

Maybe you've heard this statistic before: A meager 22% of American adults regularly fulfill the minimum weekly recommendation for exercise, which is 30 minutes a day, five days a week. Do you find yourself part of that group? We can help you get on the right track!

Physical activity each and every day is an important piece of healthy living. Scheurer Hospital is excited to offer a new walking program to help those who struggle with daily exercise work their way up to walking a mile. Goal to Stroll is an eight-week program packed with information and support to get you up and moving and on your way to completing that mile.

As a participant, you will receive weekly tips, encouragement and support from Scheurer Hospital's Fitness Instructor Jeanne Putman. Your \$10 program registration fee gets you a pedometer, walking log and prizes. There will be weekly education with a walk for both the beginner track and the intermediate track.

All ages are welcome to participate in this program, which will culminate with a Celebration Walk on June 28th in Pigeon.

The benefits from walking are astounding. Walking is a

sport that almost anyone can do and is very beneficial to your health. Here are some facts about the physical and psychological benefits of exercise that might convince you to start. Exercise can:

- help fight the aging process
- prevent muscle and bone loss caused by aging
- help fight disease
- reduce the risk of stroke, breast cancer and heart attack
- strengthen the heart and lower blood pressure
- elevate good cholesterol
- boost the immune system
- build confidence and character
- relieve stress and improve your mood
- provide you with a sense of empowerment
- make you feel just plain good

Ready to sign up? Join Goal to Stroll, which is scheduled to begin May 2nd, 2016. Call 989.453.5228 for registration information. Registration is April 18th – 29th, 2016. It's the perfect way to get your family's fitness back on track!



# 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 came to the Emergency Department and the doctor wanted me to stay overnight. The nurse told me I would be considered an outpatient or observation patient. Since I was spending the night at Scheurer, I assumed I would be considered an inpatient. What's the difference?

## ***Scheurer Answer:***

You bring up an excellent question. The decision to admit a patient to the hospital is a very complex one that is based on your doctor's medical judgment and your need for hospital care. Before we get too far, let's talk about what it means to be an outpatient.

You are probably very familiar with outpatient services. These include everything from an Emergency Department visit to labs, x-rays, physical therapy and even outpatient surgeries (where you go home the same day as your surgery). Staying at the hospital for observation is also classified under the outpatient category, even though you spend the night. Your doctor may want you to stay for observation to help him or her decide if you need to stay longer as an inpatient or if you can be safely discharged home and receive services as an outpatient.

Generally, you are formally admitted to the hospital as an inpatient when you are expected to need at least two or more midnights of medically necessary hospital care. There are a number of national criteria that you have to meet, depending on your condition, in order to be admitted as an inpatient.

Depending on your insurance, your hospital status (whether you are considered an inpatient or an outpatient) affects how much you may have to pay for hospital services and may also affect whether Medicare will cover additional care for you in a skilled nursing facility after your hospital stay (if you need that). If you ever have questions about whether or not you are considered an inpatient or an outpatient, feel free to ask any of our staff; they would be happy to assist you.

## **Construction Update**

Renovations are complete at Scheurer Family Pharmacy - Pigeon located inside the Barth Medical Arts building at Scheurer Hospital. The update relocated the pharmacists' work area and rearranged the retail area to better assist customers. New shelving, carpet and freshly painted walls invite you to shop with ease and comfort. We want to thank you for your patience while we enhanced the pharmacy. Please stop in and check us out!



*Pharmacists Chuck Mantey & Craig Tetreau have proudly served the community for a combined 28 years. They are here to assure that each and every customer is treated with the utmost respect while providing high quality pharmacist care.*

# Scheurer Hospital Joins New Student Program

Leaders from Michigan State University College of Human Medicine and Scheurer Hospital are proud to announce the launch of a new Rural Community Health Program (R-CHP), which is a comprehensive rural health certificate training program designed to prepare future rural physicians to develop and to practice within evolving community-based rural health networks.

Scheurer Hospital has been selected to join MidMichigan Health's Medical Centers in Alma and Clare as Rural Community Health program sites for MSU College of Human Medicine's Midland Regional campus. Students selected for R-CHP are assigned to an existing MSU College of Human Medicine community campus and to a rural educational site, which consists of a rural hospital, the surrounding medical community and the local public health department. Students split their clinical training between these two communities, living and working within their rural educational site for up to 26 weeks throughout the four years of medical school. Once selected for the Rural Community Health Program, MSU's medical students will spend up to six months in the greater Pigeon area. Here students will learn clinical skills and also gain experience with the varied roles of a rural physician, from treating medical needs to providing leadership in public health and community health care.

Dan Drake is Scheurer Hospital's first R-CHP student. Dan is originally from Caro, Michigan and would love to work as a family physician in a rural community. If you see Dan in our facility, please make him feel welcome!



Dan Drake (far left) poses with (from l to r) Dwight Gascho, Andrea Wendling, MD and Aron Sousa, MD.

## Low-Dose CT Lung Screening

Scheurer Hospital has initiated the only low-dose computed tomography (CT) Lung Cancer Screening Program in Huron County. Scheurer's commitment to providing low-dose CT combined with appropriate follow-up care has been proven to significantly reduce lung cancer deaths.

**What is Low-Dose CT Lung Screening?** CT lung cancer screening is similar to mammography screening; however, it does not require the use of IV or oral contrast.

Unlike a chest x-ray which produces only shadows of the lungs, the low-dose CT technique provides high-resolution 3-D images of the lungs in just a few seconds to identify signs of lung cancer. This allows doctors to intervene sooner and increase the chances that the cancer can be treated successfully.

The goal of annual lung cancer screening is to detect lung cancer early when it is smaller and has a greater chance of being cured.

**Who should be screened?** Candidates for screening will be patients between 55 and 74 years of age with at least a 30 pack year smoking history who have smoked within the past 15 years (1 pack per day for 30 years, 2 packs per day for 15 years, or the equivalent).

If you meet these criteria you will need an imaging order for a low-dose CT Lung Cancer Screening from your physician.



Laurie Polega, Diagnostic Imaging Service Leader.

**Why is this useful?** Lung cancer is the nation's leading cancer killer, and takes the lives of more people each year than breast, colon and prostate cancers combined.

The National Lung Cancer Screening Trial (NLST) found a 20% reduction in lung cancer-related mortality in current and former smokers screened with low-dose CT as compared to controls screened with a chest x-ray.

Great news, since Scheurer began the program six months ago we've identified two cases that would have gone undetected for years using previous methods of detection.

**Is this screening covered by insurance?** Medicare and many other insurance providers are covering Lung Cancer Screenings. Check with your insurance provider regarding coverage.



# OUR SCHEURER FAMILY



*Long Term Care residents, family and staff are all part of the Scheurer extended family!*

**Our Country Bay Village, Country Gardens and Long Term Care residents and staff members are an important part of the Scheurer family and demonstrate our commitment to senior living services!**



*Diane, Shirley and Janet enjoy the friendships that are made while living and working at Country Bay Village.*



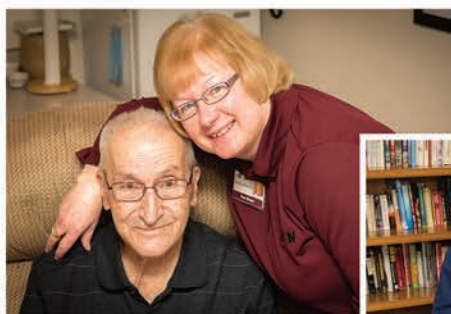
*Marianne, Ellen and Marge know that coffee is always on at Country Bay Village.*



*Evelyn enjoys a morning cup of coffee served with a smile by Tracey.*



*Lois, Millie and Joe agree that no one is a stranger at Country Bay Village.*



*Bob expresses his appreciation for the Country Gardens staff as he poses for a picture with Pam.*



*Miles shares his musical talent with residents and staff. Kari and Rosie join Miles for a Kodak moment.*

## 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 - Bacterial Infection verses Viral Infection

Many times people will come to their family doctor or the Redi-care clinic (RCC) because they don't feel well; occasionally that person will depart the clinic after seeing the provider and wonder why he or she didn't give you any medicine. Hopefully the following will give you a better idea as to why.

Bacteria are single-celled microorganisms that thrive in many different types of environments. Some varieties live in extremes of cold or heat, while others make their home in people's intestines, where they help digest food. Most bacteria are good and cause no harm to people.

Viruses are even smaller than bacteria and require living hosts — such as people, plants or animals — to multiply. Otherwise, they can't survive. When a virus enters your body, it invades some of your cells and takes over the cell machinery, redirecting it to produce the virus.

Bacteria and viruses both can cause disease. However, the treatment for each is very different. Bacterial infections may require antibiotics where as viral infections require symptom management (i.e., over-the-counter medications).

The most important difference between bacteria and viruses is that antibiotic drugs usually kill bacteria, but they are not effective against viruses. In some cases, it may be difficult to determine whether bacteria or a virus is causing your symptoms. Many infections — such as pneumonia, meningitis and diarrhea — can be caused by either a virus or bacteria. However, virus

infections generally improve on their own over 7-14 days. Over-the-counter medications (such as nasal decongestants, cough medicine, etc.) are beneficial for relief of symptoms due to a virus.

Inappropriate use of antibiotic medication has helped create strains of bacterial disease that are resistant to treatment; therefore, occasionally a person could leave the clinic without medications because viral infections need to run their course.

Illness	Usual Cause		Antibiotic Needed
	Viruses	Bacteria	
Cold/Runny Nose	✓		<b>NO</b>
Bronchitis/Chest Cold (in otherwise healthy children and adults)	✓		<b>NO</b>
Whooping Cough		✓	Yes
Flu	✓		<b>NO</b>
Strep Throat		✓	Yes
Sore Throat (except strep)	✓		<b>NO</b>
Fluid in the Middle Ear (otitis media with effusion)	✓		<b>NO</b>
Urinary Tract Infection		✓	Yes

You may ask, "If I don't feel well when do I go to the RCC or visit my doctor?" While this list is not all inclusive here are a few reasons to visit your doctor: If you've been running a fever for more than 48 hours, been vomiting or had diarrhea for 12 hours, you have congestion with a sore throat, aches, chills and runny nose or your congestion continues for more than two weeks despite taking over-the-counter medications.

## Caseville Health Fair

Scheurer Hospital recently partnered with Caseville Schools to provide a health and safety fair for K-12 students. It was a great day of learning and fun.



*Fitness instructor Jeanne Putman poses with the students during the yoga station. Throughout the fair, students rotated through 15 stations and spent 10 minutes at each station.*



*Brian Denhoff prepares to crash "Ezra the Egg" at the seat belt safety station. At this station, students compared the results as Ezra was buckled in with masking tape and crashed into the bleachers versus crashing without his "seat belt." There was always plenty of ooohing and aahing at this station.*