

SCHEURER

HEALTHCARE NETWORK

People You Trust, Caring For People You Love



INSIDE

- **Healthy Bites**
- **Retirement Open House**
- **New President and CEO**



From the President's Pen

You've noticed the front cover of this publication features a photo of two individuals who have been around healthcare for many years. I am the older one of the two and I'm so pleased to welcome the younger one to

our organization. Terry Lerash joined our organization in January of this year as Chief Operating Officer and in July will assume the duties of President and CEO of Scheurer Healthcare Network.

As I step away from that role after 26 wonderful years, I do so knowing Terry brings a wealth of knowledge and experience to this position. Terry is excited to be a part of our team and is eager to tackle the complex tasks of leading our healthcare organization. He was born and raised in Huron County and is already familiar with the many reasons this community is a special place to call home.

I have been fortunate to be a part of this fine organization since joining the Scheurer Hospital Board of Trustees in 1987. In 1990, I assumed the role of President and CEO and have now enjoyed nearly three decades of association with Scheurer. Over those years I've made numerous friendships and built relationships that will always be treasured. I was privileged to be a part of a team that attracted the capable and competent physicians to our medical staff and I will always be grateful for being a part of the extraordinary growth this healthcare facility has experienced over the past several decades.

Contemplating retirement has not been anything I've eagerly anticipated, but I find myself feeling some sense of excitement for new things that lie ahead in my life. Those feelings are enhanced knowing the organization will be left in hands that are highly skilled and experienced. I know you will welcome Terry and his family to this special community and I know Terry will enjoy being a part of this amazing organization for many years to come.

I step aside from my CEO responsibilities with a heart brimming with gratitude for the loyal support shown to me by our medical staff, our board of trustees, our employees and our wonderful community friends who utilize the medical services this organization provides. I am forever grateful.

Sincerely,

Dwight Gascho, President & CEO
Scheurer Healthcare Network

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On the Cover

Dwight Gascho, President & CEO, extends a warm welcome to Terry Lerash, current Chief Operating Officer. Terry will assume the role of President & CEO in July.

COMING EVENTS

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 Scheurer Hospital's Long Term Care will discuss "How to Connect With Someone With Alzheimer's." Lunch will be served. 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.

Dwight Gascho Retirement Party: Join us on June 22nd from 3-6 pm at the Scheurer Professional Center, Pigeon for a retirement open house honoring Dwight Gascho, President and CEO. Light Refreshments will be served.

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.

Relay for Life: Join Scheurer's Relay for Life team on June 25th at the Bad Axe City Park. This cancer fundraising event begins at 10:00 am.

JULY

Scheurer Hospital Auxiliary Meeting: Held at the Scheurer Professional Center at 1:30 pm on July 11th. New members welcome.

"I Can Cope" Cancer Support Group: Held in the Wilson Education Center on July 12th at 1:00 pm. Sebawaing Family Medicine Nurse Practitioner Brenda Kretzschmer will be discussing "The Top Three Cancers in Huron County." Everyone welcome at this free meeting.

Caregiver Connection: This free support group is held at Country Gardens on July 14th at 12:00 noon. The group will be enjoying a picnic. Lunch will be served. Reservations appreciated but not

required. Everyone welcome to attend.

American Heart Association First Aid & CPR Class: Held on July 19th in the Wilson Education Center. Choose from Heartsaver CPR (\$20) at 1:00 pm or Heartsaver First Aid (\$20) at 6:00 pm. Please visit www.scheurer.org to register. Pre-registration and pre-payment required.

American Heart Association Healthcare Provider CPR Class: Held on July 21st in the Wilson Education Center at 8:00 am. Please visit www.scheurer.org to register. Pre-registration and pre-payment or \$40 required.

Scheurer Kiddie Cruise 1/4 Mile Race: Held on July 21st at 7:00 pm in the North Parking Lot (near Long Term Care) at Scheurer Hospital. Kids ages 5 - 10 can race for 1/4 mile. Registration is free and everyone receives a medal! Register on-site from 5:30 - 6:30 pm.

Pigeon Sunset Classic 5k Run/Walk: Held on July 21st at 8:00 pm in the North Parking Lot (near Long Term Care) at Scheurer Hospital. Registration fee of \$15 includes a t-shirt for the first 100 registrants. Register online at www.scheurer.org until July 17th or on-site for \$20 at the event from 6:30 - 7:30 pm.

AUGUST

Scheurer Hospital Auxiliary Meeting: Held at the Scheurer Professional Center at 1:30 pm on August 1st. New members welcome.

American Heart Association CPR Classes: Held on August 2nd in the Wilson Education Center. Choose from Healthcare Provider CPR (\$40) at 8:00 am or Heartsaver CPR (\$20) at 6:00 pm. Please visit www.scheurer.org to register. Pre-registration and pre-payment required.

"I Can Cope" Cancer Support Group: Held in the Wilson Education Center on August 2nd at 1:00 pm. Michael Paulson, DO from Elkton Family Medicine will be discussing "Radiation - What is Happening?" Everyone welcome at this free meeting.

Day Sponsor at the Huron Community Fair: Join us August 3rd at the Huron County Fairgrounds. There will be something for everyone!

Caregiver Connection: This free support group is held in the Wilson Education Center on August 4th at 12:00 noon. Occupational Therapist Charlotte Ignash will discuss "Maintaining Driving Skills." Lunch will be served. Reservations appreciated but not required. Everyone welcome to attend.

Cheeseburger Fun Run 5k Run/Walk: Held on August 13th at 9:00 am at the Caseville County Park Amphitheatre. Registration fee of \$15 includes a t-shirt for the first 500 registrants.

Register online at www.scheurer.org until August 7th or onsite for \$20 from 7:30 - 8:30 am.

Free Health Expo: Held at the Caseville County Park (near the Amphitheatre) on August 17th from 10:00 am - 3:00 pm. Visit the tent for free health information, screenings and freebies. Held in cooperation with Covenant HealthCare.

Kids' Safety Day: Held on August 18th from 10:00 am - 2:00 pm at the Caseville Fire Station. Free bicycle helmets (child must be present to be fit), make-your-own first aid kits and more! Tours available of an ambulance, fire truck and helicopter.

Scheurer Hospital Auxiliary Golf Fundraiser: Held August 26th at Scenic Golf & Country Club at 9:00 am. Call 989.453.5213 or visit www.scheurer.org for an application. Proceeds benefit the Scheurer Hospital Auxiliary.

SEPTEMBER

American Heart Association Healthcare Provider CPR Class: Held on September 1st in the Wilson Education Center at 8:00 am. Please visit www.scheurer.org to register. Pre-registration and pre-payment of \$40 required.

"I Can Cope" Cancer Support Group: Held at Country Gardens on September 6th at 1:00 pm. The group will be enjoying the Annual Picnic. Everyone welcome at this free meeting.

Caregiver Connection: This free support group is held in the Wilson Education Center on September 8th at 12:00 noon. Pharmacist Alisha Ramsey of Scheurer Family Pharmacy - Elkton will discuss "Medications and Their Interactions." Lunch will be served. Reservations appreciated but not required. Everyone welcome to attend.

Mental Health Matters: Held on September 8th at 6:00 pm in the Wilson Education Center. 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 September 12th. New members welcome.

American Heart Association CPR Classes: Held on September 13th in the Wilson Education Center. Choose from Heartsaver CPR (\$20) at 8:00 am or Healthcare Provider CPR (\$40) at 1:00 pm. Please visit www.scheurer.org to register. Pre-registration and pre-payment required.

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



*Terrance Lerash
President & CEO*

Q&A with Terry Lerash

Q: You've been in healthcare 30+ years. Share your career path and how it led you to Scheurer Healthcare Network.

A: An early interest in healthcare as a student at Bad Axe High School (yes, I was a Hatchet!) and a co-op position with Huron Medical Center led me to the US Army, where I served as a medical corpsman for three years. Afterward, I enrolled in nursing school at Saginaw Valley State University, received my nursing degree, and began work there, first at the VA Medical Center and later at St. Luke's Hospital, which grew into a wonderful sixteen year tenure.

While I started at St. Luke's as a Staff Nurse in the Med-Surg and Emergency Room, I quickly moved into supervisory roles including Director of Nursing, Director of Human Resources, and Vice President of Clinical Operations. Along the way, I returned to college and receive a Master's Degree in Administration from Central Michigan University.

After that, I accepted an offer from a cardiologist practice in Saginaw, merging three cardiovascular physician practices into the Michigan CardioVascular Institute (MCVI). Once that process was complete, I accepted a position as Executive Director of Cardiovascular services at McLaren Hospital in Flint and served a short tenure before becoming President and CEO of Synergy Medical Education Alliance for ten years. I then returned to Covenant Healthcare to launch a Department of Innovation, with the purpose of building an organizational culture to discover innovative ways to improve performance, enhance profitability and discover new products and techniques for the future of healthcare.

Q: What do you see as the opportunities and challenges in your new role as President & CEO?

A: While there will naturally be challenging waters ahead, you need a sturdy and well-equipped ship with the best crew you can assemble. Scheurer Healthcare Network is one sturdy ship that has had a very successful captain in Dwight Gascho for the last 26 years. His leadership moved the organization from very humble beginnings to a regional and state leader in the delivery of rural healthcare. Our medical staff is one of the strongest you can find in rural America, the staff members are loyal and committed to service, and collectively, we view quality as job number one. The communities surrounding our organization truly feel ownership in Scheurer. It's an amazing phenomenon for me; I have never experienced a healthcare organization that is so loved and respected by the community. A collaborative effort between the community and Scheurer will be imperative in improving the health status of all our families, neighbors and friends.

The formula for success is all here. I do not know of any other organization that I would rather be a part of at this moment in time than Scheurer!

Q: Would you like to share other professional and personal information?

A: For most of my career, I have been an active supporter of community involvement and look forward to engaging in the same way here. I enjoy mentoring and have maintained a mentoring relationship with many as they become successful in their respective careers. I enjoy public speaking, teaching and have been a guest lecturer at many Michigan colleges and universities. I'm also a member of the Blue Water Angel Investor club, which provides exposure to new innovations in industries outside of healthcare. Most recently, I joined the Pigeon Rotary Club and look forward to the community and international projects it supports.

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

A: I primarily spend time with my wife Carmen, my three sons Aaron, Brent, and Chad, my daughter Hannah, my daughter-in-law Angela, and my grandson Noah. I have been an avid student of golf for many years and expect to continue my studies. Reading, travel, camping, hiking and a good movie round out my limited free time activities.

Q: Are there any parting comments you would like to share?

A: I did not anticipate bumping into Dwight and accepting his offer to visit and see what Scheurer Healthcare Network was all about. It was one of the best career decisions I have ever made. I'm so excited to become a part of Scheurer, and having been gone for over forty years, it feels good to be back in Huron County!

SPOTLIGHT on the STAFF



Kristi Kemp

Certified Surgical Technologist (CST)
Surgical Services

I had **NO** idea

Tell us five random facts about yourself.

1. I love camping with my family.
2. I enjoy watching my children participate in sports & other activities.
3. I enjoy helping direct the children's Christmas program at church.
4. I grew up in Akron, MI.
5. I enjoy watching movies.

Family

Tell us who is in your family.

1. Husband - David
2. Children - Michael - 16, Allyson - 14, Grace - 11
3. Dog - Molly

Must **HAVES**

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

1. God/Church
2. Music
3. Vacation/traveling
4. Seafood
5. Warm weather

WHO'S ON FIRST

My first job:

Babysitter

My first day at Scheurer:

April 20, 1998

The first thing I do at work:

I use an antimicrobial agent on my hands & arms, then help set up the operating rooms.

-ests

Best part of your job?

We are able to improve patients' lives everyday.

What makes you the happiest?

Spending time with my family.

Nicest thing you've done for a patient?

I wheeled a patient from the parking lot to the hospital when he couldn't walk that far.

Healthiest food you like to eat?

Greek yogurt with fruit.

MORE ABOUT YOU...

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

My husband and I went on a helicopter tour over an active volcano on the Big Island of Hawaii.

What is one item on your bucket list?

Travel Europe

What would you like to accomplish in the near future?

I would like to get back on track with exercising on a regular basis.

Smartphone Refills

Scheurer Family Pharmacies in Caseville, Elkton, Pigeon and Sebawaing are happy to announce that patients can now refill eligible medications using a smartphone. Simply use a QR reader to scan the QR code on the used medication bottle. The information is then sent to the pharmacy to process the refill.

Don't have a smartphone? No problem! Patients may call in refills any time of the day or night by simply calling the pharmacy and following the prompts to refill a prescription using the prescription number on the medication's bottle.

Did you know...the pharmacies can also send text messages to patients when prescriptions are ready to be picked up! Patients may sign up for this service at any of the pharmacy locations.

Renewing prescriptions has never been easier for Scheurer Family Pharmacy patients!





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

Medical Insurance vs. Auto Insurance

Do you know if your medical or your auto insurance is your primary payer if you are involved in an auto accident?

Under the Michigan No-Fault law if you carry **“coordinated” or “excess”** medical benefits on your auto insurance policy then your health insurance is supposed to pay first and the auto insurance will pay the balance if you are injured in an auto accident.

If you carry **primary medical PIP** (personal injury protection) benefits on your policy, the auto insurance will be the primary payer in the event of an auto accident injury.

Coordinated coverage is less expensive than **primary medical PIP** coverage because the auto insurance company expects it will not have to pay the claims as primary. This may not always be the best choice for you. Some examples of when you are better off choosing **primary medical PIP** insurance benefits are:

- If there is a policy-exclusion written into your health insurance that states the health insurance will not pay for treatment related to auto accidents
- If you belong to a self-funded ERISA health plan
- If you have an HMO health plan
- If you have Medicare, Medicaid, Veterans Administration Benefits or any county health plan
- If you have no health insurance

Remember that Michigan State Law requires that all vehicle owners have valid Michigan No-Fault insurance coverage. Deciding whether to purchase **coordinated** coverage or **primary medical PIP** should be determined by what kind of health insurance coverage you have. You will want to be sure to investigate all of the options available to you so that you have the proper insurance to help pay for any auto-related injuries and recovery.

SHN Receives Outstanding Business Award

Scheurer Healthcare Network was presented the Outstanding Business Award by the Saginaw Valley State University College of Business and Management. The selection was made based on the organization's growth, commitment to serving the healthcare needs of the community and passion for providing outstanding customer service. Dr. Rama Yelkur, Dean of the College of Business and Management, presented Dwight Gascho, SHN President & CEO, the award during the Academia Awards – Best in Business 2016 event.



Healthy Bites

Parmesan and Quinoa Encrusted Fish

Ingredients

- 1 box of quinoa cooked to specifications on the package
- ½ cup grated parmesan cheese (divided)
- 1 ¼ tsp Italian herb blend (basil, oregano, marjoram, thyme and rosemary)
- ½ tsp garlic powder
- Salt/pepper to taste
- 1 large egg white
- 2 servings (fillets) of your favorite mild fish or chicken breast
- Sliced fresh basil, for garnish

Instructions

1. Prepare quinoa and allow to cool.
2. Preheat your oven to 400 degrees and lightly grease a baking sheet with cooking spray.
3. Transfer ½ of the cooled, cooked quinoa into a large bowl and add in ¼ cup of the grated parmesan, the Italian seasoning, garlic powder and season to taste with salt and pepper. Mix well and pour into a large, shallow plate. Freeze the remainder quinoa or serve it as a side.
4. Pour the egg white into a large shallow plate.
5. Dip each fish fillet into the egg white, making sure to evenly coat it. Dredge the fish in the quinoa/cheese mixture, making sure to coat each side, pressing to get it evenly coated. You will really have to press the quinoa in to make it stick but be careful not to squish the fish.
6. Place the fish onto the prepared baking sheet.
7. Bake until lightly golden brown and crispy, about 20-25 minutes.
8. Turn your oven to high broil, sprinkle the remaining ¼ cup of grated cheese on the fish and broil for approximately 2 minutes or until the cheese is melted.
9. Garnish with basil and enjoy!



Jennifer Berndt,
Record Specialist III Corporate
Compliance & Patient Privacy

Construction Update

The Nuclear Medicine Department renovation is complete. We have relocated the department to be closer to the stress testing area around the corner and purchased the premium Discovery NM630. This state of the art equipment is an all-purpose, dual detector nuclear medicine imaging system featuring all digital Elite NXT detector technology. What does this mean for you? This new imaging system has improved image quality to decrease the time it takes to produce an image or to decrease the radiation dose. For example, a cardiac exam that used to take 30 minutes now only takes 20 minutes. Pictured is Scheurer Hospital Technologist, Joe Siemen, who has been on our team since 1990. Please stop in and see our new Nuclear Medicine Department.



Save the Dates!

Are you looking for an active way to spend your time? The 2016 Scheurer Healthcare Network races are right around the corner. Join us for one (or all!) of the three below.

The 2nd Annual Scheurer Kiddie Cruise will be held on Thursday, July 21st at 7:00 pm, right before the Pigeon Sunset Classic 5k, at Scheurer Hospital in the North parking lot by Long Term Care. This is a 1/4



mile race open to 5-10 year olds. Registration is free and everyone gets a medal. Register on-site from 5:30 – 6:30 pm.

Following the Kiddie Cruise, the Pigeon Sunset Classic 5k will be held at 8:00 pm. Pre-registration is available online through July 17th for \$15 at www.scheurer.org. On-site registration for \$20 is from 5:30 – 6:30 pm.

Rest your legs for a couple weeks and then join us again for the Cheeseburger Fun Run 5k on Saturday,



August 13th at 9:00 am at the Caseville County Park. Pre-registration is available online through August 7th for \$15 at www.scheurer.org. On-site registration for \$20 is from 7:30 – 8:30 am.

We hope to see you there!

Scheurer Hospital Auxiliary

F O R E !

It's your turn to take a swing at some fun! Join us for the Annual Scheurer Hospital Auxiliary Golf Outing. We're looking for foursomes to help us celebrate our 25th annual event, to be held at Scenic Golf and Country Club in Pigeon. This year's date and time is Friday, August 26th at 9:00 am and promises to be a day of fun golfing and contests, raffles, prizes, awards and more. Don't delay in registering your team, as space is limited!

Even if you're not up for golf, you may want to consider sponsoring the event as a business or as an individual. The monies raised at the Golf Outing, and other Auxiliary fundraisers like it, help to provide life-saving medical equipment for your friends, family and neighbors. Within the past year, the Auxiliary has donated funds for items like a Glide Scope for Surgical Services and Wander Guard System for Long Term Care, as well as funding for the Scheurer Wellness Clinics at

Lakers and Caseville schools.

The Auxiliary continues to provide support and goodwill to neighbors and friends, and you're invited you to join the efforts. If you'd like more information on how to enter your team or simply send in your sponsorship, please visit www.scheurer.org or call 989.453.5213.



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've been hearing a lot of stuff in the news and even at Scheurer about population health. What's that and what does it mean to me and my family? Is this a new program or something Scheurer created? Do I have to sign up for something?

Scheurer Answer

We are so glad you asked! We first need to talk about why you are hearing this term. Population Health is used in discussions involving the cost of healthcare in the United States. This probably is no surprise to you, but the United States has the most expensive healthcare costs per capita in the world. Despite this, we do not have the best outcomes in the world. We have high numbers of people with chronic diseases, we have a lower life expectancy than other industrialized

nations and a higher infant mortality rate. As a nation, we know we cannot sustain healthcare like this. The United States has been looking for solutions to this problem for decades and have tried several new approaches throughout the years. Now our nation is trying something new and innovative.

Population Health has been defined as "the health outcomes of a group of individuals, including the distribution of such outcomes within the group." What does that mean? Basically it's about managing a specific population's health. For instance, a specific population could be seniors in Huron County. Why would Scheurer or the nation be interested in managing this population's health? The better we can understand our population, the better we can treat that population. Seniors in Huron County likely have some similarities in the type of care they need, their health behaviors, their social and economic factors and even their physical environment. All of these contribute to how healthy they are and how much it costs to take care of them.

How does this affect you? Well, there is nothing that you need to sign up for and this is not another insurance program. When it comes to Population Health, the innovative aspect of this is about treating the whole patient, not just the physically ill parts. It's about making sure that patients have the resources they need to help take care of themselves. This could mean anything from transportation to doctor visits to the availability of healthy food and clean water to being socially healthy. You and your family and friends can make a huge impact on this in our community. Patients may have to rely on food banks and church pantries to eat their next meal. Can you donate goods, time or money to your church food pantry? Are children at school being bullied? We cannot expect bullied children to perform well at school, get a good night's rest or have a strong immune system when they are mentally beaten up. What can you do to help stop bullying? Do you exhibit healthy exercise habits as your child's role model? Are you teaching them the importance of a balanced diet? All of these contribute to a person's overall health and to Population Health.

Together, we can all make a difference in the lives of the people of our community and our nation!

Please join us for a
Retirement Open House
honoring



Dwight Gascho

Wednesday,
June 22, 2016
3 - 6 pm

Light Refreshments Served

Scheurer Professional Center

135 N. Caseville Road, Pigeon

Top Ten Best Exercises to Try in 2016

Jeanne Putman, Certified Fitness Instructor

After a Michigan winter, there is nothing like spring to revive us and bring a fresh new attitude! With all the fresh air, beauty of spring flowers, tree blossoms and all that green grass, we have a recalibration of life and fresh excitement. It's a great time to start an exercise program or take your current one to the next level, especially considering all the outside options you have. Below is a list of exercises that can be done with family and friends and will challenge your body through obstacles in the great outdoors.

1. **Biking** by yourself or with friends or family will burn calories using the large major muscle groups, especially when climbing hills. Don't forget your helmet!
2. **Playgrounds** improve your cardio health, burn fat and build muscle. On playground equipment you will have fun with the family and they won't even know they are exercising! Playgrounds are great circuit workouts with ladders, ramps, monkey bars, slides and swings. The best part? It's totally free.
3. **Swimming** is a great full-body workout that works your heart and all the muscles of your body with no pounding on your joints. Local pools and beaches make this exercise choice one of summer's favorites.
4. **Walking** is one of the easiest forms of spring exercise that anyone can do. Walking can be done anywhere at any time, with anyone (or even by yourself) and at any fitness level - beginner or advanced. Finding a scenic pathway, park or shoreline or just hitting the sidewalk is a great step to a healthier you.

5. **Stand-up Paddle Boarding** is a great way to have some fun in the sun and get a workout at the same time. For those of you who live near the shoreline, you'll find this to be challenging to your core, balance, strength and endurance.
6. **Get your game on!** Games are excellent for family or friends and will foster fun and team camaraderie. Basketball, tennis, softball, soccer, back-yard horseshoes or yard darts are all forms of fitness and healthy summer activities that will burn calories.
7. **Volleyball** can be played either at the beach or in your back yard. You can spike, dive and jump your way into shape. The explosive movements of volleyball help you develop strength and power.
8. **Road Racing** outside and competing against others will challenge you and bring your fitness level to a new high, especially if you are a competitor at heart.
9. **Hiking** is one of the best outdoor workouts for endurance, power, core strength and balance as well as mindfulness. Seek out hiking trails with hills, uneven terrain and natural obstacles like sticks and rocks that will challenge even the most-fit hiker. Hiking is a great way to enjoy the beauty of nature as well as ramp up your workout.
10. **Golfing** is one of the most loved forms of summer exercise that can be shared with family or friends. Instead of driving your cart, try walking the course to burn more calories and swing yourself into healthy fun!

Whatever you choose to do this spring or summer, remember the best exercise you can do is the one that gets you moving! Live long and stay strong!

My Home...

THIS IS MY HOME

Find out why 292 seniors have made Country Bay their home since 1994.

Contact Tom Beachy at
989.453.2188



Country Bay Village
Senior Independent Living Community
161 Country Bay Drive
Pigeon, MI
www.scheurer.org



Eileen Herman a CBV resident since 2011

COUNTRY BAY VILLAGE

Select a one or two bedroom apartment or duplex in a safe, secure neighborhood (located behind Scheurer Hospital) without the worries of maintaining your home.

- Home cooked meals
- Housekeeping & laundry services
 - Lawn care
 - Trash & snow removal
- Scheduled transportation
- Emergency call system
- Social & recreational activities
- Health education & monitoring
 - Free Wi-Fi and Cable TV
 - Furnished apartments for temporary stay
- Security Guard on SHN Campus

COUNTRY GARDENS

Select a studio, one or two bedroom apartment for seniors to enjoy the comforts of home with the assurance of caring staff on duty 24 hours a day.

- Staff assistance with personal care & medication
- Three delicious meals served daily
- Scheduled transportation
- Emergency call system
- Housekeeping & laundry services
- Social & recreational activities
 - Furnished apartments for temporary stay
- Security Guard on SHN Campus

LONG TERM CARE

Clean, home-style living that includes laundry and dining services. Residents enjoy daily individual and group activities, in addition to community outings.

- 24-hour basic nursing care
 - Quality care to meet individual needs
- Nutritious diet selections

Meeting the needs of seniors in the present as well as in the future...

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 - Poison Ivy and Sumac

Many people get a rash from poison ivy and poison sumac. This rash is caused by an oil found in the plants. This oil is called urushiol (you-ROO-shee-all). The itchy, blistering rash often does not start until 12 to 72 hours after you come into contact with the oil. The rash is not contagious and does not spread. It might seem to spread, but this is a delayed reaction. Most people see the rash go away in a few weeks.

Signs and symptoms:

If you have a reaction to the urushiol oil, you can have these signs (what you see) and symptoms (what you feel):

- Itchy skin.
- Redness or red streaks.
- Hives.
- Swelling.
- An outbreak of small or large blisters, often forming streaks or lines.
- Crusting skin (after blisters burst).

If you have any of the following symptoms, go to the emergency room right away:

- Trouble breathing or swallowing.
- Rash covers most of your body.
- You have many rashes or blisters.

Poison Sumac Tree



Poison Ivy

- Swelling, especially if an eyelid swells shut.
- Rash develops anywhere on your face or genitals.
- Much of your skin itches or nothing seems to ease the itch.

Home treatment:

If you do not have the above symptoms, the rash appears on a small section of your skin, and you are absolutely certain that your rash is due to poison ivy or poison sumac, you may be able to treat the rash at home.

- Immediately rinse your skin with lukewarm, soapy water.
- Wash your clothing as the oil can stick to clothing.
- Wash everything that may have the oil on its surface.
- Do not scratch, as scratching can cause an infection.
- Leave blisters alone.
- Take short, lukewarm baths.
- Consider calamine lotion or hydrocortisone cream.
- Apply cool compresses to the itchy skin.
- Consider taking antihistamine pills.