

SPRING 2018

# Scheurer

Better Health. Better Life.

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



INSIDE

- **Sports Physicals**
- **Spring into Fitness**
- **Our Nation's Opioid Crisis**

**ARE YOU SCHEURER?**



## From the President's Pen

For our wedding anniversary, my wife Carmen and I recently spent a week in Costa Rica for a special holiday. Costa Rica is a small country in Central America that has become a very successful tourist destination. It leads the world in biodiversity with five unique types of rainforest, is a principle supplier of coffee, pineapple, palm oils, as well as sugar

cane and has some of the world's most beautiful beaches. We learned a lot on our group tour that took us across the entire country.

One of the most notable things that we learned about was the nationwide vision for Costa Rica. This vision was established decades ago to transform the country from a poor, third world country to a progressive and developed destination. Their slogan and vision statement is "Pura Vida!" which when translated to English means "pure life." Evidence of a culture and a focus, based on this vision, was demonstrated everywhere that we visited, in so many ways. It was the first greeting to us from everyone that we met. It was displayed everywhere from signage to t-shirts. It was felt in the attitudes they have in preserving the beauty of the lands, flora and all types of wildlife. It truly was a very active and dynamic part of the Costa Rican people. They describe it as a way of life for them to preserve their heritage, attract people from around the world to experience the beauty of the country and to promote healthier and happier life.

As a matter of fact, Costa Rica has a region of the country that has been identified as a rare "blue zone." This area (blue zone) of Costa Rica is one of just five regions in the world that people routinely live longer than expected, often exceeding 100-years-old! In addition, the research conducted on blue zones has demonstrated that all five of these regions has exceeded life expectancy by some simple concepts: by leading physically active lives, maintaining a diet rich in fruits, vegetables and fish and promoting low-stress lifestyles that promote family units and spirituality.



I quickly identified with the relationship between "Pura Vida" and Costa Rica's success because I believe in the power of a vision to affect positive and sustained change. As all of you know, because we keep reminding you in many different ways, Scheurer is passionate about your health. Our vision of "Better Health. Better Life." and the Costa Rica experience was a reminder that our vision can also create healthier and happier individuals, families and communities. We embrace the attitude that we can make a difference in your life, through our efforts of improving your health. It may take a while, perhaps even generations to make a significant impact, but the time to start is now. Pura Vida!

Sincerely,

Terrance E. Lerash, President & CEO  
Scheurer

# CONTENTS

## – FEATURES –

- From the President's Pen .....2
- Coming Events .....3
- Meet Trevor Mattarella.....4
- Spotlight on the Staff .....5
- New Equipment .....5
- Contact Us .....6
- Billing Bits.....6
- Scheurer 2.0 .....7
- Sports Physicals .....7
- Owen-Gage School Health Fair .....8
- Spring into Fitness .....8
- Ask Scheurer.....9
- Sandy Shores Wellness Center .....9
- Scheurer Through the Years .....10
- The Scheurer Way.....10
- Scheurer Senior Living .....11
- Medical Minute - Opioid Crisis .....12
- 5210 Program .....12

## On the Cover

*Henry Corrión practices his Taekwondo skills during a recent class at the Scheurer Professional Center.*

# COMING EVENTS

## APRIL

**GriefShare:** Held every Tuesday starting March 13th through June 5th at Country Bay Village. A free dinner will be provided at 5:30 pm for attendees with the program beginning at 6:00. There is a suggested \$10 donation for the series.

**I Can Cope Cancer Support Group:** Held Tuesday, April 3rd in the Birch Room at Scheurer Hospital at 12:00 noon. Guest speaker Karen Christner, LRT will be presenting on "Lung Cancer." Complimentary lunch provided. RSVP appreciated, but not required.

**Mental Health Matters:** Held Thursday, April 5th at 6:00 pm in the Wilson Education Center. Guest speakers Kayla Montreuil & Andrea Vermeersch will present on "The ABC's of Behavior and Basics of ABA."

**Caregiver Connection Support Group:** Held Thursday, April 12th at 12:00 noon in the Wilson Education Center at Scheurer Hospital. Guest speaker Laurie Messing will be presenting on "Food Safety". A light lunch will be provided. RSVP is appreciated, but not required.

**Bariatric Support Group:** Held Wednesday, April 18th at 4:30 pm in the Birch Room at Scheurer Hospital. This free group is for those contemplating, in the process of, or post-bariatric surgery.

**Heartsaver CPR:** Held on April 24th at 5:30 pm in the Wilson Education Center. Cost is \$35.00 and participants must preregister online.

**Thrive – Grief Comfort Support Group:** Held Thursday, April 26th at 6:00 pm in the Wilson Education Center at Scheurer Hospital. This free group is for teens and young adults who have lost a loved one and are looking for some grief comfort. The group is facilitated by Jeana Schemansky.

## MAY

**I Can Cope Cancer Support Group:** Held Tuesday, May 1st in the Birch Room at Scheurer Hospital at 12:00 noon. Guest speaker Danielle Penfold, MS, RD, CDE, will be presenting on "Cancer Fighting Foods." Complimentary lunch provided. RSVP appreciated, but not required.

**Mental Health Matters:** Held Thursday, May

3rd at 6:00 pm in the Wilson Education Center. Guest speaker Bri Harless of Thumb Area Psychological Services will present on "Substance Abuse."

**Caregiver Connection Support Group:** Held Thursday, May 10th at 12:00 noon in the Wilson Education Center at Scheurer Hospital. Guest Speaker Susie Arthur from Human Development Commission will be presenting on "At the Crossroads- Alzheimer's Disease, Dementia and Driving." A light lunch will be provided. RSVP is appreciated, but not required.

**Bariatric Support Group:** Held Wednesday, May 16th at 4:30 pm in the Birch Room at Scheurer Hospital. This free group is for those contemplating, in the process of, or post-bariatric surgery.

**First Aid:** Held on Tuesday, May 22nd at 8:00 am in the Wilson Education Center. Cost is \$35.00 and participants must preregister online.

**Heartsaver CPR:** Held on Tuesday, May 22nd at 1:00 pm in the Wilson Education Center. Cost is \$35.00 and participants must preregister online.

**Healthcare Provider CPR:** Held on Tuesday, May 22nd at 6:00 pm in the Wilson Education Center. Cost is \$45.00 and participants must preregister online.

**Thrive – Grief Comfort Support Group:** Held Thursday, May 31st at 6:00 pm in the Wilson Education Center at Scheurer Hospital. This free group is for teens and young adults who have lost a loved one and are looking for some grief comfort. The group is facilitated by Jeana Schemansky.

## JUNE

**I Can Cope Cancer Support Group:** Held Tuesday, June 5th in the Birch Room at Scheurer Hospital at 12:00 noon. The group will be designing luminaries for Relay for Life. Complimentary lunch provided. RSVP appreciated, but not required.

**Matter of Balance:** Starting Tuesday, June 5th Sandy Shores will be hosting Matter of Balance with Jeanne Putman from 1:00 – 3:00 pm. This program teaches exercises and techniques to help prevent falls. A reservation is required,

class size is limited. To register contact Jeanne at 989.453.5228.

**Spark in the Park:** Held on Friday, June 8th from 3 -7 pm, this free outdoor wellness event will be held in the Pigeon Recreation Park. Join us for wellness activities, information and outreach, prizes, dinner, and more.

**Caregiver Connection Support Group:** Held Thursday, June 14th at 12:00 noon in the Wilson Education Center at Scheurer Hospital. Guest Speaker Rachel Pelto from Biddinger and Bitzer will be presenting on "Elder Law." A light lunch will be provided. RSVP is appreciated, but not required.

**Pigeon Summer Rec:** Starting Monday, June 18th Scheurer will be partnering with the Village of Pigeon and Bluewater Thumb Youth for Christ in a 6 week Summer Rec Program. This program is open to kids ages 5 – 11.

**Bariatric Support Group:** Held Wednesday, June 20th at 4:30 pm in the Birch Room at Scheurer Hospital. This free group is for those contemplating, in the process of, or post-bariatric surgery.

**Heartsaver CPR:** Held on Saturday, June 23rd at 9:00 am in the Wilson Education Center. Cost is \$35.00 and participants must preregister online.

If you're ready for a fresh new look this spring, then it's time you get tickets for the Scheurer Auxiliary's Spring Luncheon and Style Show. This year's event will take place on Wednesday, May 2nd at 12:00 noon at the Pigeon VFW. Tickets will be available at Scheurer Hospital Main Lobby and Thumb Bank & Trust in Pigeon.

For more information on any of the events listed here or to RSVP for a program, please call 989.453.4478.

## Meet the MEDICAL STAFF



*To schedule an appointment with Trevor, call Scheurer Family Medical Center at 989.453.2141. Day and evening appointments are available.*

### Q&A with Trevor Mattarella, Nurse Practitioner

**Q:** *Scheurer is pleased to have you join our medical staff. Share your background and interest in family medicine.*

A: I grew up in Mayville and went on to Delta College for my Associate Registered Nurse degree and then completed my Bachelor of Science in Nursing degree at Ferris State University. I recently completed my Master of Science in Nursing degree at Saginaw Valley State University (SVSU) with a Family Nurse Practitioner specialty certification. During my seven-year career as an RN, I worked in a cardiac & telemetry unit and as a float RN, working within multiple units including surgical, cardiac, medical and rehabilitation. I became interested and found a passion in family medicine within the rural setting during various clinical rotations at SVSU.

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

A: I have always had a passion for helping people in their time of need. In the beginning of my medical career, I worked a variety of different roles as a rehabilitation aide, certified nursing assistant and as a nurse extern in orthopedics. These different positions made a significant impact on my decision to become an RN and eventually continue on to become a Family Nurse Practitioner. My love for learning about the human body has

expanded over the years; I want to extend my thanks to all the influential role models throughout my career that have helped to shape me into the provider that I am today.

**Q:** *Would does your future look like now?*

A: My wife, Jessica and I have been married for over three years now and are looking forward to spending more time together, now that I am finally done with my formal education. We are excited to be part of the Scheurer family and are thrilled for this new opportunity.

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

A: I enjoy a variety of different activities and love to be outdoors as often as possible. Some of my main hobbies are hunting, fishing, camping, golf, traveling and riding my Harley Davidson. Motorcycle riding with my wife and father is one of the most exciting hobbies to do during the summer. We enjoy riding in new areas and seeing some of the amazing scenery around the state of Michigan and beyond. Now that I have more free time, I have been spending time with family and friends.

**Q:** *How do you like it at Scheurer so far?*

A: Working at Scheurer has been one of the best decisions I have ever made and I look forward to serving the area for many years to come. Quality healthcare is my focus and I will ensure that all concerns are handled promptly and efficiently. I am willing and available if anyone has any questions or concerns about family medicine and I am accepting new patients. Thank you for the opportunity to be part of Scheurer and welcoming my wife and I to the wonderful Thumb area!

*Trevor Mattarella, Nurse Practitioner, and his wife, Jessica, escape on their Harley Davidson motorcycle whenever time (and Michigan weather) allows!*

Scheurer: Better Health. Better Life.

# SPOTLIGHT on the STAFF

## I had **NO** idea

Tell us five random facts about yourself.

1. St Joseph, MI is my "home away from home"
2. I love to watch hockey – Let's Go Red Wings!
3. My beautiful mother, Dawn, also works at Scheurer in Housekeeping
4. I am very organized person
5. I adore Pinterest and am always finding new ideas from it

## Family

Tell us who is in your family.

1. Boyfriend, Matthew
2. Lab/Golden Retriever "fur baby" -- Layla

## Must **HAVES**

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

1. Food
2. Books
3. Movies
4. Music
5. Cellphone

## WHO'S ON FIRST

*My first job:*

Companion Aide at Country Bay Village

*My first day at Scheurer:*

August 23, 2010

*The first thing I do at work:*

Smile and say "good morning" to everyone I meet on my way to the pharmacy

## -ests

*Best part of your job?*

My co-workers

*What makes you the happiest?*

Spending time with my family and friends

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

Helping them get a better understanding of their medications and insurance

*Healthiest food you like to eat?*

Salad – more veggies, the better

## MORE ABOUT YOU...

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

I purchased my own house at the age of 21

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

Adding a second bathroom or garage onto my house



**Casey Craig**

Certified Pharmacy Technician (CPhT)  
Scheurer Family Pharmacy - Pigeon

## New equipment behind the scenes



A new Gentinge Washer was installed in January 2018 in our Central Sterile processing area within our Surgical Services Department at Scheurer Hospital. The installation took approximately 10 days from start to finish. The work was compressed into a very short time line, including nights and weekends, so that the surgical schedule was minimally disrupted. Hospital Plant Engineering staff and contractors worked together to drive the project to completion. The work was very complex and involved carpentry, plumbing, heating, cooling, ventilation, electrical, flooring repair and painting. The washer is a great upgrade as new features have been added, a quicker turn-around of instrumentation, accurate documentation of process and the reverse osmosis system piped directly to the washer enhances our process. A big thank you to our plant engineering and biomedical department for making this happen.



## 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:  
 989.453.5248

### 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

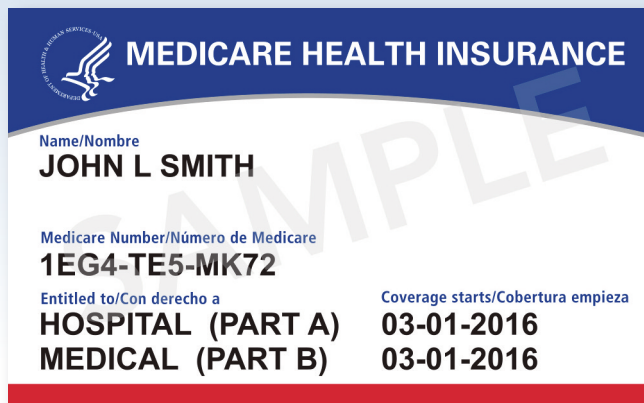
Sandy Shores Wellness Center:  
 989.856.3004  
 Scheurer Hospital  
 Rehabilitation Services: 989.453.5217  
 Sebawaing Health Center: 989.883.2617

## Billing Bits

### New Medicare Cards Are On Their Way!

The Centers for Medicare & Medicaid Services (CMS) are required by law to remove Social Security numbers from all Medicare cards by April 2019. All Medicare beneficiaries will be receiving a new Medicare card in the mail beginning April 2018. Medicare will replace the current Social Security-based ID cards with a new Medicare Beneficiary Identifier (MBI). CMS is taking this step to protect people with Medicare from fraudulent use of Social Security numbers, which can lead to identity theft and illegal use of Medicare benefits.

Your new card will look like this:



The new cards will have 11 characters containing numbers and uppercase letters. The MBI is randomly selected for you and does not have any hidden or special meaning to it. Spouses or dependents that may have had similar identification numbers (HICN) will each get their own different Medicare card. The MBI's 2nd, 5th, 8th, and 9th characters will always be a letter. Characters 1, 4, 7, 10 and 11 will always be a number. The 3rd and 6th characters will be a letter or a number.

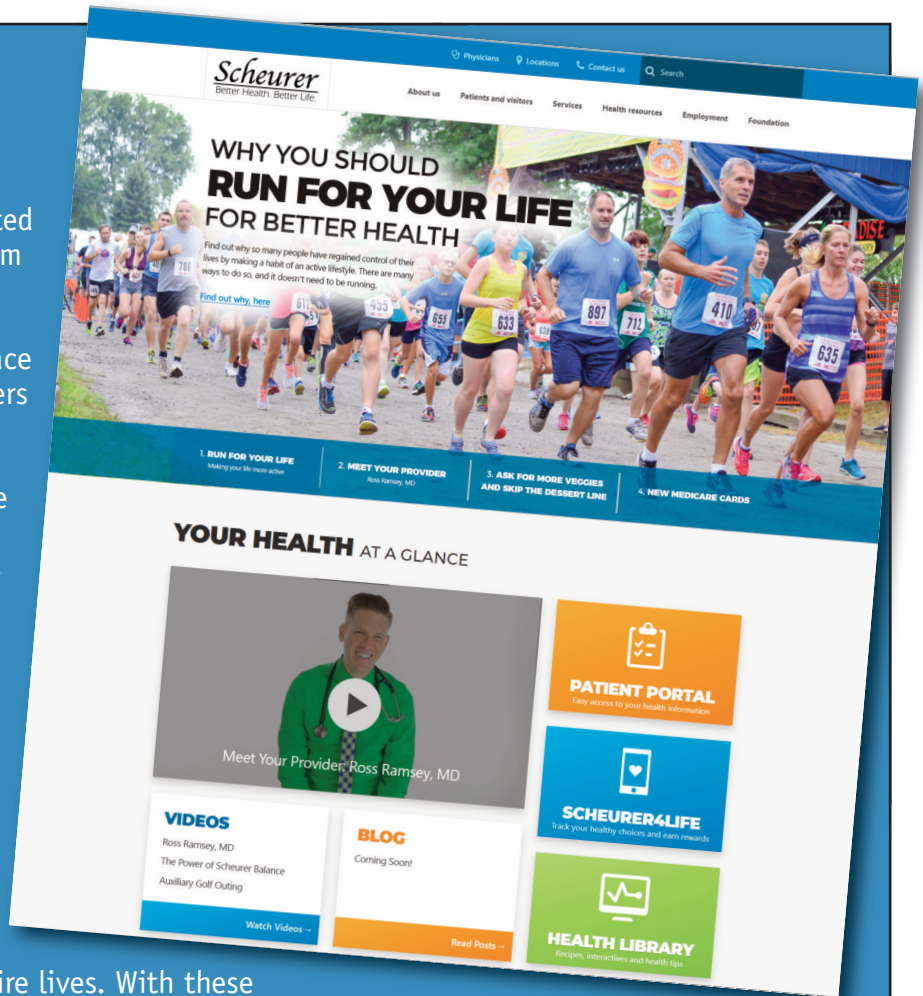
The new cards will be mailed out over a period of about a year so if you don't get your card at the same time your friend or neighbor does, please understand that it takes time. As soon as you receive your new Medicare card you may begin using it. Share it with your healthcare provider when you get medical care. If you do not present your new card to your provider, they will have to validate your Medicare coverage by using your name, date of birth, and SSN.

Your Medicare benefits will not change with the transition. If you belong to a Medicare Advantage Plan you will continue to use the same insurance card that the plan issued to you. This also goes for your Prescription Drug plan. Continue to use the card that was issued to you.

Scheurer is here to help you with any questions regarding your new Medicare card. Please contact us if you need additional information at (989)453-7301 or you can use the new dedicated Medicare website for this transition at [www.cms.gov/newcard](http://www.cms.gov/newcard).

# Scheurer 2.0

Since October 2016, surveys, digital audits and research have been conducted to create a new and interactive platform for Scheurer’s website. After nearly 18 months, the new scheurer.org is accessible and online! This new interface allows us to bring our patients and users the latest news and information in healthcare. Services and content can now be found with less clicks and more pleasing to the eye. Our goal is for patients to utilize www.scheurer.org as an additional resource to better their health, for a better life. Additional features will be continuously added, especially in the coming months, and a blog covering a variety of topics will be launched. Videos will be added frequently and offer insights to the Scheuer way of life. Our responsibility as a healthcare organization is no longer just helping patients recover from illness, but now to keep Scheurer patients healthy for their entire lives. With these new digital tools, patients will be able to stay engaged between doctor visits and have the opportunity to improve their quality of life.



*Brenda Kretzschmer, Nurse Practitioner at Sebewaing Family Medicine has helped with school sports physicals for close to a decade*

## Sports Physicals

Over the past eight years, Scheurer has teamed up with local school districts to provide sports physicals. The Michigan High School Athletic Association requires a sports physical to compete in any MHSAA-sanctioned sport. If you receive the physical on the scheduled dates, the physical will qualify for the upcoming 2018-2019 school year. The cost for a sports physical is \$10.00 and all funds raised will be donated to that school’s athletic department. Sports physical forms can be found in each school administrative office. We ask that the student athlete complete these forms prior to the physical. Scheurer will be on hand at the following five schools:

- USA Schools:** May 08, 2018 | 8:30am-12:30pm
- Christ the King:** May 10, 2018 | 8:30am-10:30am
- Caseville Schools:** May 15, 2018 | 8:30am-10:30am
- Laker Schools:** May 17, 2018 | 8:30am-12:30pm
- Owen-Gage Schools:** May 24, 2018 | 8:30am-10:30am



*Scheurer Physical Therapist Aaron Kuhl discusses proper posture with students*

## Owen-Gage School Health Fair

Each year, Scheurer hosts a health fair for one of the local schools. This year's health fair was featured at Owendale Gagetown Schools. Students from Kindergarten through twelfth grade were invited to the gymnasium for a day learning about a variety of health topics. The goal of each health fair is to teach children about living a healthy lifestyle and ways to maintain better health. Students learn about the benefits of yoga, bicycle and helmet safety, hand sanitization, the power of exercise, healthy snacks and much more. The Owen-Gage school health fair was a success because of the students' and school's commitment to health and wellness. They were very excited to spend their day learning about how better health makes for a better life.

## Spring into Fitness

*By: Abby Knoblock, Scheurer Wellness Director*

The motivation for adequate exercise during the winter months proves challenging as frigid temperatures and comfortable couches keep us inside. Spring is the perfect time to rebuild your wellness routine. Venturing out for fresh air improves our moods as does exercising. Putting the two together not only boosts physical fitness but mental and emotional fitness as well.

There are several outdoor activities to try during the spring months:

Walking is one of the easiest ways to get full-body exercise in. Just 30 minutes of walking per day slashes your risk of countless diseases, improves mood, boosts cardiovascular wellness and helps trim your waistline. All of this while taking you around to see the sights? It's a win-win.

If you are looking for something a tad more intense to add to your repertoire, you are in luck! Michigan is notorious for offering some of the best hiking trails and parks in the United States. In just one hour of moderate hiking, an individual can burn up to 450 calories. Hitting nature trails in the surrounding area is a sure-fire way to get in shape, feel great and see what this wonderful state has to offer!

Golfing is another great spring activity. Instead of a golf cart, carry your bag and you will zip through around 700 calories per nine holes. Not only is golf great for your entire body, it is also a great mind strengthener, boosting concentration and, of course, patience.

If you are in for a fun and relaxing activity, hop on a bicycle. In just 20 minutes, the average person can burn 150 calories riding leisurely. As speed and intensity increase, so does cardiovascular endurance, strength and calorie burn. Either way, a bike ride is a great way to get outside for some fun exercise. Don't forget a helmet!

If this is the year you are hoping to increase your levels of activity, first decide what you enjoy and look at your schedule. Planning in advance is the best way to ensure success. If you're starting from little or no daily physical activity, start out with five to 10 minutes per day and work your way up to your goal.

There is no "best time" to exercise – the best time to work out is whenever you can fit it into your schedule. Morning exercise gives us energy that can help us maintain clarity all day. Exercising in the afternoon is great because our bodies are functioning at their peaks and evening exercise is good because it helps us sleep well at night.

So get out there and make this the best spring yet!



*ScheurerKwonDo, taught by Rev. Won D. Kim of Elkton United Methodist Church, has been a great hit with kids. Scheurer offered Taekwondo classes for the first time this winter at the Scheurer Professional Center.*





## 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**

When you first started practicing medicine in Pigeon, you were the only doctor in town— did you ever think your influence would expand to what it is today?

### **Scheurer Answer**

As a wise person once said, "not in a million years" did I think that the name "Scheurer" would be a household name across the entire Thumb area. I moved to Pigeon, MI in 1934 and began practicing in a small upstairs apartment on Main Street. We quickly outgrew that clinic and opened up a larger facility on Michigan Avenue in 1942. Since then, the positive influence that Scheurer Hospital has had on the community is because of the people that believe in it.

There is no doubt that healthcare has changed from 1934 to 2018; in fact, there is very little that might even be recognizable. But one thing that has stood the test of time, is that at the root of everything, quality of care is our number one priority. It has been a goal and expectation for the past 74 years, and it will continue to be one far into the future. Without quality of care, nothing else matters. Scheurer has been fortunate enough to be called 'home' for a team of talented and brilliant medical professionals. We have the best team, working in the best facilities, caring for the best patients. That is why we have been able to sustain and cultivate a positive culture, while expanding its influence to the entire Thumb area.

As time progresses and the digital landscape makes the world a smaller place, we find that our patients do not just live in Pigeon anymore, but the entire Thumb. It is with great pride and pleasure to offer our top-notch services closer and more conveniently for our patients.

Just think, if we have been able to accomplish all of this in less than 75 years, what will we achieve in the next 75 years? The residents of the Thumb are amazing people. We find ways to fix anything, achieve whatever we put our mind to and make our world a better place.

So to answer the ever-popular question, Are You Scheurer? In fact, I am, and it has never been so easy for you to be too!

## Sandy Shores Wellness Center

After renovating the entire facility from top to bottom, Sandy Shores Wellness Center is open again and enabling people to regain their health through an active lifestyle. Aside from workout and exercise equipment, fitness classes are now offered at Sandy Shores as well. Morning, evening and weekend classes are available. The pool, hot tub and sauna have been a big hit to complement our fresh new look. Sandy Shores Wellness Center is located at 7925 Crescent Beach Road at the base of Sand Point. Check it out for yourself!



# Scheurer Through the Years

From the time when Dr. Clare Scheurer began his practice in 1934 to today, Scheurer has seen unprecedented growth and influence. In 2018, Scheurer has nearly 500 employees and an altogether 16 locations. Below is a timeline and history of how Scheurer grew from an upstairs apartment clinic to one of the most advanced and comprehensive healthcare organizations in the entire Thumb.

- 1934 Dr. Clare A. Scheurer begins to practice in Pigeon in an upstairs apartment on Main Street.
- 1942 Due to size, a new medical clinic is completed, with an included second floor to establish a hospital in the future.
- 1945 Scheurer Hospital is opened and grows to a 47-bed facility with five doctors.
- 1968 The hospital on Michigan Avenue exceeds capacity and talks begin of building a new hospital on Caseville Road.
- 1970 E.J. Clabuesch, President of the Scheurer Hospital Board of Trustees, leads the campaign to raise hospital construction funds – over \$1.1 million is raised.
- 1971 Groundbreaking takes place at 170 N. Caseville Road for a new hospital
- 1972 Scheurer Hospital opens at its new location with 112 employees
- 1989 Barth Medical Arts Building is completed adjacent to Scheurer Hospital
- 1993 Scheurer Family Pharmacy opens in Pigeon
- 1994 Independent Senior Living Community, Country Bay Village opens in Pigeon  
Sebewaing Family Medicine opens
- 1996 Caseville Family Medicine opens  
Elkton Family Medicine opens
- 1998 Scheurer Family Vision Center opens in Pigeon
- 2000 Scheurer Professional Center opens
- 2002 Sandy Shores Wellness Center opens on Sand Point  
Scheurer Family Pharmacy in Sebewaing opens
- 2003 Assisted Living Community, Country Gardens opens in Pigeon
- 2004 A brand new Long Term Care unit opens
- 2007 Wilson Education Center opens within Scheurer Hospital
- 2009 Scheurer Family Pharmacy in Caseville opens
- 2012 Scheurer Family Pharmacy in Elkton opens



## The Scheurer Way

Scheurer is on a journey towards excellence and we call it, The Scheurer Way. Our goal is to bring more value to our employees and patients by inspiring positive change. One component of this journey includes training and teaching on resiliency. Resiliency is a person's ability to respond to the pressure and demands of daily life. Managing stress and avoiding burnout is a critical component for our health. Scheurer has recognized the importance of encouraging work/life balance among leaders and our staff. A resiliency component is presented at every quarterly leadership training session. We are promoting resiliency with our employees by encouraging physical and mental wellbeing. When individuals are resilient, they are better able to handle the demands placed upon them. Having resilient employees help to satisfy our mission by providing our patients with a high level of quality and compassionate care.



*Teammates react to winning a rousing rendition of Family Feud during the February 13th Scheurer Way training session*



# Scheurer Senior Living

## Bringing Students and Seniors Together



Scheurer Senior Living is partnering with Laker Elementary School to bring students and seniors together. Each week, the 2nd grade classes split into two groups and visit two of the three Senior Living - facilities: Country Bay Village Independent Living, Country Gardens Assisted Living or Long Term Care. The residents participate in various activities with the kids including games, Bingo, holiday themed projects and more. This intergenerational program has been beneficial to both the residents and the students involved and provides lots of smiles from all!



### 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  
989.453.5248



## Our Nation's Opioid Crisis

As many of you have seen in the news, there is a growing opioid epidemic growing across the nation. As a result of this, the Centers for Disease Control (CDC) and the Drug Enforcement Agency (DEA) in cooperation with the State of Michigan have put in place stricter regulations for prescriptions and management of controlled substances. The new regulations include narcotics such as Morphine, Norco and Vicodin. It also includes medications such as Xanax, Ativan and Adderall.

At Scheurer, we have put in place some proactive measures for our outpatient clinics in how we handle controlled substances. Expect to have an expanded discussion between you and your provider about the risks and benefits of these medications. There will be a new controlled substance agreement that will need to be signed which outlines the care and management of controlled substance. Another change you will see are random urine drug screens which ensure medications are taken as prescribed. Providers will also limit the amount of medication they can prescribe at one time and the frequency of refills for those prescriptions. Finally, providers will be required to meet with patients more frequently who are using these controlled substances. This will help you and your provider identify the usefulness and potential dangers of these prescriptions and map out the best plan of action.

While this may cause some inconvenience, these regulations are an important first step in solving the opioid crisis. We at Scheurer ask for your patience as we do our part in the fight against this epidemic. Together we can make our community a safer place to live. These changes will help us to achieve our goal here at Scheurer of Better Health. Better Life.

Best,  
Michael Paulson, D.O.



Scheurer's 5210 school program has now entered its second year, which aims to eliminate childhood obesity and develop healthy lifestyle habits. It is a four-month program, covering a different aspect of 5210 every four weeks. 5-2-1-0 stands for:

- 5** fruits and vegetables every day
- 2** hours or less of recreational screen time
- 1** hour of physical activity
- 0** sugary drinks

The primary goal of Scheurer's 5210 program is to increase physical activity and encourage healthy eating. Last year, Caseville Schools' kindergarten through fifth grades took part of the program; this year Scheurer has been able to partner with the first grade classrooms at Bad Axe Elementary. The students receive a different tool each month that they can use in everyday life to help them reinforce 5210, such as fruit-infuser water bottles and aids to eating healthy.



*Scheurer Health Coach Mandy Brondyke meets with Mrs. Hobkirk's 1st grade class at Bad Axe Elementary and shows how much sugar is in every-day drinks.*