

“Sharing a Community... And A Commitment”

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Rheumatology Clinic & EMG at Physical Therapy	3 Belton Hearing Clinic	4 Surgical & Orthopedic Clinics	5 	6 Cardiology Clinic	7
8	9	10 Neurosurgical Clinic	11	12 Gastroenterology Clinic 	13 Cardiology Clinic	14
15	16 EMG at Physical Therapy	17 Rheumatology Clinic	18 Surgical Clinics	19 	20 Cardiology & Podiatry Clinics	21
22	23	24	25 Pulmonary Clinic	26 Gastroenterology & Nephrology Clinics 	27 Cardiology Clinic	28  
29	30	31				

DCH UPCOMING EVENTS

March 2, 9, 16, 23, 30 and April 6th— FREE! Eat Healthy– Be Active Nutrition Classes

March 28th, 2015—**Book Your Hunt Today!** — Annual Pheasant Hunt Hospital Fundraiser

May 2015 Community Garden

August 7, 2015 Funtastic Family Fair

October 3, 2015

Annual A&R 5K



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Dr. Mark English - Medical Director

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MONTHLY COMMUNITY NEWS

March 2015

Annual Pheasant Hunt Fundraiser



On March 28, 2015 Deckerville Community Hospital is holding its Annual Pheasant Hunt at Rooster Ranch LLC Hunt Club in Ubly, Michigan. This unique hunt is sure to excite even the most seasoned hunter.

Starting at 8:30am, here is what you will get.

-  Hungry Man Breakfast
-  Wobble Trap Warm-up Skeet Shoot
-  Up to 25 Course station rotations for hunters
-  Bird Release - Eight birds for each hunter
-  High volume shooting up to 90 yards high and flying at nearly 45 miles per hour!
-  Birds collected, cleaned and packaged and divided for take home.
-  Rooster Pole and Event Pictures

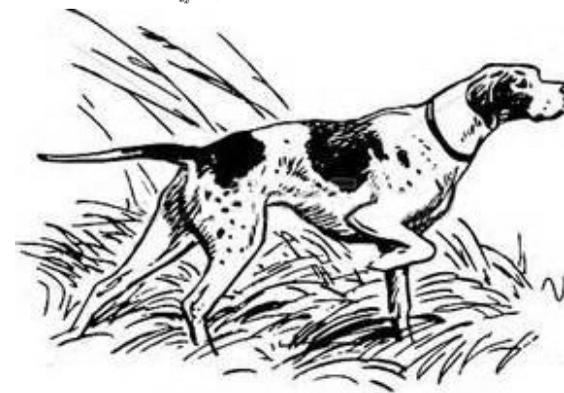
Roast Beef Lunch Buffet

 Walk-up hunt with guides and dogs

Raffle of Prizes

Whether you and your friends or your company are interested in hunting or sponsoring this exciting event, join us in supporting patient care at Deckerville Community Hospital. Go to www.deckervillehosp.org or Facebook for details.

And, at the hunt's end, you realize that the memories of that perfect shot and the cackling call of the rising rooster will be with you for a long, long time.



We Treat You Like Family

It's Safe to Ask Questions at your Doctor's Visit!



Do you ever walk out of a Doctor's visits unsure of what you just heard? If so, you are not alone. Many people go to doctor's appointments planning to engage their doctor in a discussion about their well-being and health. Nevertheless, these engagements are not always as helpful as they could be.

So, what can you do to ensure open and honest dialogue between you and your health-care provider?

The first thing is to **prepare for your appointment**. This means knowing ahead of time what you want to ask and what your primary care provider needs to know about you and your concerns. The best patient and provider relations occur when you share your health needs, concerns and wishes openly, ask questions, answer honestly and make decisions together.

Here are some tips to make the best use of time at your doctor's visit.

Before Your Visit: Things to Do Before Your Appointment

- Bring your insurance cards and any forms you need filled out.
- Make a list of things you want to talk to your doctor about and take it with you.

- Make a list of all medicines (both prescription and over-the-counter) and vitamins/minerals you take. Write down the name, strength and how often you take it. List refills you need approved.
- Bring a notepad, audio recorder, or a trusted relative or friend to help you take notes.
- If you have more than one health care provider, keep your own medical history file. Put results of tests and family history in the file and take it with you to share with your doctor. Keep it up to date.
- If you are using scheduled transportation and need to reserve a pick-up time, ask the receptionist how much time you should allow for the visit.

During Your Visit: Don't be Afraid to Ask or to Tell

- Make sure you understand what your doctor says. Ask your doctor to explain medical words, tests and treatments. If you have questions or don't understand, ask your doctor to explain or repeat.
- Ask your doctor to write down instructions for you or write them down yourself and read them back.
- Ask your doctor where you can find more about your problem or the treatment.
- Be honest with your doctor about your diet, exercise, tobacco use, alcohol or drug use. Your visit is confidential, and not telling your doctor something important can be harmful.
- If you are deaf or hard of hearing, let the receptionist know how to signal you when it's your turn.
- If you read lips, let your doctor know so he will be sure to face you and make eye contact and not speak through a mask.

After Your Visit: What to Do Next

- If possible, schedule your next appointment before you leave so you won't forget. Schedule tests or appointments with other doctors right away, but remember to check insurance coverage if needed.
- If you are confused or have forgotten some information, call your doctor's office and ask to speak to a nurse. The nurse can look at your chart and find the information for you.
- Take the amount of medicine your doctor told you, and take it at the right time.
- If you feel worse or have problems with your medicine, contact your doctor right away.

Health-care providers are often rushed for time or use unfamiliar language when explaining a medical issue. Patients may even forget to ask important questions or leave the appointment unclear about what they were just told. Breakdowns in communication, such as this, can lead to problems.

Going to a doctor's appointment should be a positive learning experience, in which you feel "Safe to Ask." These tips will help you to be a key partner in your healthcare plan, help to keep your visit concise and focused and improve communication.

Deckerville Healthcare Services Welcomes New Provider

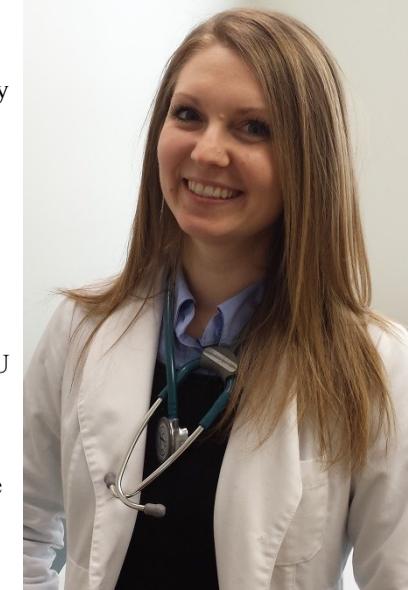
Family practice, Deckerville Healthcare Services is elated to welcome Lindsey Bulgrien, RN, MSN, FNP-BC to its Rural Health Clinic. Lindsey is a recent graduate from Saginaw Valley State University's Family Nurse Practitioner program, and is certified by the American Academy of Nurse Practitioners.

Family Nurse Practitioners are Registered Nurses who are educated and certified to serve as primary health care providers. Like a family doctor, Family Nurse Practitioners approach patients with an understanding of the value of collaborative, family-centered care.

Previously, Lindsey worked as a Registered Nurse for nine years. She started her nursing career at St. John River District Hospital and Port Huron Hospital where she worked in a cardiac unit for two years and in ICU for 5 years. She then moved closer to her family, and worked at our Deckerville Community Hospital in the ER for the last two years.

Lindsey graduated from Sandusky High School, and she is excited to be living in and working close to the community that she grew up in. She is passionate about rural health, and devoted her graduate thesis study to rural medicine. She can provide many levels of care to patients of all ages, including women's health and preventative care.

In addition to the focus on family dynamics, Family Nurse Practitioners have referral and consultative relationships with other healthcare providers, such as physicians, pharmacists, and psychologists. Effective collaboration has proven to promote better communication, healthcare management, and positive health outcomes.



Colon Cancer At-A-Glance*



Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 20, although this varies widely according to individual risk factors.

50+

90% of new cases occur in people 50 or older.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.



There are currently more than one million colon cancer survivors in the U.S.

*Source: American Cancer Society

Colorectal Cancer Awareness Month

Screening is the number one way to reduce your risk of colon cancer. Despite its high prevalence, colon cancer is unique in that it is one of the most preventable and, if found early, most treatable forms of cancer. And the best part is, screening is easy! From colonoscopies to at-home stool tests, there are options for everyone. If you're over 50, high risk or symptomatic, don't put it off. Talk to your doctor about getting checked!

Jenna Ross selected as the February Employee of the Month.

February's honoree is Jenna Ross. Jenna began her employment at the hospital in the fall of 2013, working in the admitting office. She received these accolades: "Jenna is a great person to work with. She always jumps in to help others when they need it – even without being asked! Jenna is always polite and smiling and never complains about anything".



Once again, CONGRATULATIONS Jenna!