



YOU ARE INVITED TO THE  
**MAHA UPD Spring Meeting**

**MAY 8-9, 2019**

YOUNG'S

159 YOUNG'S LANE | IRON RIVER, MI

**WEDNESDAY, MAY 8**

**ASPIRUS IRON RIVER HOSPITAL**

1400 W ICE LAKE ROAD | IRON RIVER, MI

5PM - UPD EXECUTIVE MEETING

6PM - PIZZA AND TOUR TO FOLLOW

**THURSDAY, MAY 9**

**YOUNG'S**

159 YOUNG'S LANE | IRON RIVER, MI

8:30AM - REGISTRATION, CONTINENTAL BREAKFAST

PROGRAM (WITH LUNCH) TO FOLLOW

**CONTACT:**

**ABBY MILLER | VOLUNTEER SERVICES COORDINATOR**

(906) 308-0232 | [ABBY.MILLER@ASPIRUS.ORG](mailto:ABBY.MILLER@ASPIRUS.ORG)

\* NOTE: ALL TIMES ARE CENTRAL STANDARD\*



# MAHA UPD Spring Meeting

**Thursday, May 9, 2019**

Young's | 159 Young's Lake, Iron River, MI  
\*Please note all time are Central Time Zone\*

## AGENDA

- 8:30 - 9:00** Registration and Continental Breakfast
- 9:00 - 9:15** Welcome | Mary McCreary, Aspirus Iron River Volunteer Services  
Connie Koutouzos, CEO of Aspirus Iron River Hospital
- 9:15 - 10:00** Remarks | Joyce Henderson, UPD President  
Anne Lorentzen, President MAHA Board  
Bobbie Bruckman, President-Elect MAHA Board  
Mary Parviainen, UPD Legislative Chair
- 10:00 - 10:15** BREAK
- 10:15 - 10:45** Installation of Officers
- 10:45 - 11:45** Keynote Speakers | *"Keeping Your Balance: Stressing Less"*  
Vicky Prewitt, Pastor of Christ Methodist Church and former TV6 Morning Anchor  
Sarah Blakely, TV6 Morning Anchor
- 11:45 - 12:45** Invocation and Lunch | networking on fundraising ideas  
*activity: learn to decorate cookies with Sarah Blakely!*
- 12:45 - 1:00** BREAK
- 1:00 - 2:00** Business Meeting
- 2:00 - 2:30** Speaker | Abby Miller, Marketing Manager *"Aspiring Women"*  
Aspirus Iron River Hospital
- 2:30 - 3:00** Closing and Door Prize Drawings  
*"We're raffling off wonderful gift baskets from each hospital!"*

\*See you in Escanaba on September 11 and 12, 2019!



# MAHA UPD Spring Pre-Meeting Gathering

Join us Wednesday evening, May 8, for pizza and a tour of our new Aspirus Iron River Clinic located next to our hospital at 1400 W Ice Lake Road, Iron River.

Please indicate any special dietary needs.

**Cost per person: \$7.00**

**5:00PM** UPD Executive Board Meeting in the Aspirus Conference Room.

**6:00PM** Pizza served.

**7:00PM** Tour of the new Aspirus Iron River Clinic.

\*Please complete form below and return it with fee by April 8, 2019.

Hospital Name: \_\_\_\_\_

Names of members attending Wednesday evening at \$7 per person.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Return completed form with fee (check made out to Aspirus Iron River Volunteer Services) to: JoAnn Wedegartner, 22 West Hunter Street, Iron River, MI 49935 by April 8, 2019.

\*Bring some examples of fundraisers your group has done!\*



# Meeting Registration Form

**The deadline for registration is April 8, 2019.**

Hospital Name: \_\_\_\_\_

Member's Name	Member's Title
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

Registration fee of \$20 per person includes continental breakfast and full lunch.

**\*Please indicate any special dietary needs.\***

Number of attendees \_\_\_\_\_ Total amount: \$ \_\_\_\_\_

Return completed form with fee (check made out to Aspirus Iron River Volunteer Services) to: JoAnn Wedegartner, 22 West Hunter Street, Iron River, MI 49935 by April 8, 2019.

**\*Bring some examples of fundraisers your group has done! And don't forget to bring your hospital gift basket for our fundraiser!**



## MAHA PRAYER

Almighty God and Heavenly Father of Mankind, bless we pray Thee, our endeavors in those hospitals in which we strive to bring comfort and hope to all who are in distress of mind and body.

Guide us so that we may use the privilege given us to help the aged, the ill, and the very young, with generosity, with discretion, and with gentleness.

Give us the strength to labor diligently, the courage to think and to speak with clarity and conviction, but without prejudice or pride.

Grant us, we beseech Thee, both the wisdom and humility in directing our united efforts to do for others only as Thou would have us do.



# Evaluation

for UPD Spring Meeting 2019

1. How many district meetings have you attended?
2. What did you like about the speakers?
3. What other topics would interest you in the future?
4. What part of this meeting was most beneficial to you?
5. What part of the meeting was least beneficial to you?
6. What changes would you like to see at a future meeting?
7. What would make the meeting more appealing to your members?
8. Additional comments?



# Lodging Accommodations and Addresses

## **THE AMERICINN LODGE & SUITES**

40 E Adams Street | Iron River, MI

(906) 265-9100

Standard Queen Room (2 beds) = \$80.90 + tax

Pool, hot tub, enhanced hot continental breakfast

Sales Tax Exempt - present form at check-in

Block of 10 rooms available - reserve by April 9

## **LAKESHORE MOTEL**

1257 Ice Lake Road | Iron River, MI

(906) 265-3611

1 person (1 Queen) = \$53 + tax

2 people (1 Queen) = \$60 + tax

2-4 people (2 Queens) = \$69 + tax

Continental breakfast, WIFI, microwave/fridge, lakeside views

## **CHICAUGON LAKE INN**

1700 County Road 424 | Gaastra, MI

(906) 265-9244

1 person = \$64 + tax

2 people = \$68 + tax

Microwave/fridge, WIFI, continental breakfast. Cancel 48 hours ahead

Closed month of April, back by May 3. Can still call in April to reserve.



## Directions

### **DIRECTIONS TO ASPIRUS IRON RIVER HOSPITAL**

1400 West Ice Lake Road, Iron River, MI 49935

#### **From Lower Michigan**

travel north to Mackinac City, cross bridge and take exit 344B for US-2 toward Manistique/Escaanaba. Drive on US-2 for approximately 250 miles. Turn left at Mr. T's Restaurant on Lalley Road. You will come to Aspirus at the intersection of Lalley Road and West Ice Lake Road.

#### **From Sault Ste. Marie, St. Ignace, Manistique**

travel west on US-2 about 250 miles from St. Ignace. Turn left at Mr. T's Restaurant on Lalley Road. You will come to Aspirus at the intersection of Lalley Road and West Ice Lake Road.

#### **From Ironwood, Houghton, Ishpeming, Marquette, Munising**

make your way to US-2. Iron River is between Crystal Falls and Watersmeet.

### **DIRECTIONS TO YOUNG'S**

159 Young's Lane, Iron River, MI 49935

From Aspirus, turn south (left) on West Ice Lake Road. The road will curve to the right, then to the left and become Stambaugh Avenue. Continue through Stambaugh and Caspian, past the cemetery, past the museum, until you dead-end into County Road 424. Turn left, go through Gaastra and continue until you see Chicaugon Lake Inn on the left. Turn to Young's. This trip is about 10 miles from the hospital.