



SOUTHEAST DISTRICT—MICHIGAN ASSOCIATION OF HEALTHCARE ADVOCATES  
(SED-MAHA)

SEPTEMBER 2015

VOLUME 50

Issue 1

## A MESSAGE FROM YOUR PRESIDENT - PAT ESSELMAN



*Pat Esselman*

**MARK  
YOUR  
CALENDAR**

**SED FALL  
MEMBER-  
SHIP  
MEETING**

**WEDNESDAY  
SEPT. 16th**

**SILVER  
SHORES  
WATER-  
FRONT  
BANQUET  
FACILITY**

**WYANDOTTE**

**REGISTRATION  
FORMS  
WERE  
MAILED  
UNDER  
SEPARATE  
COVER**

Needless to say, since my installation I have been very busy. However, the beautiful weather has allowed me time to find places of solitude to write poetry; one of the joys in my life yet a calming time for me. If you recall my theme for the year, TOGETHER...WE CAN! strongly describes my heartfelt desire that ALL volunteers are consistently brought on board with various bulletins from MHA as well as decisions and events developed through the respective auxiliaries/guilds/volunteer groups and SED/MAHA. The importance of this being; we all are working together towards one goal and one of those goals is to educate and advocate.

Please do not forget SED's Fall Membership Meeting is Wednesday, September 16, 2015 in Wyandotte at Silver Shores Waterfront Banquet Facility. The keynote speakers from Henry Ford Wyandotte Hospital will share with you their new program "Rock a Baby." It is a unique program that has proven to be successful and is not only a program that rocks babies but is beneficial to babies that are healthy as well as those with challenges.

October 12-14, 2015 is MAHA's Fall Conference at Crystal Mountain Resort in Thompsonville, MI. MAHA has made certain your requests have been taken into consideration as well as a few fun surprises. Please don't forget to bring a *wrapped* white elephant gift. Also, make certain those attending from your hospital have a plan to take notes, gather workshop handout information and maybe take photos. Such a plan allows those unable to attend the conference to get an idea of the conference and its contents. Don't forget to include the conference agenda as you develop your information to share.

As I close, I thank you for keeping me up-to-date on various plans and ideas. Have you thought of teaming up with another hospital for a "JUST FOR FUN" event? If yes, don't forget to include me!!

**TOGETHER...WE CAN !**

*Pat*

## **HELP US KEEP YOU CONNECTED TO SED AND MAHA...**

PLEASE BE SURE TO INFORM THE **SOUTHEAST DISTRICT MEMBERSHIP CHAIR** OF ANY CHANGES TO YOUR OFFICERS DURING THE YEAR.

**Please notify: CAROL ANN TOWNE at [getcatbears@gmail.com](mailto:getcatbears@gmail.com)**

**IT WOULD ALSO HELP WITH COMMUNICATIONS IF THE DISTRICT HAD AT LEAST ONE E-MAIL ADDRESS FROM EVERY VOLUNTEER GROUP.**

## **NEWS FROM OUR SED LEGISLATIVE CHAIR - Connie Ulrich**

Michigan's Organ Donor Registry now has more than 4 million people on the Organ Donor list. The Gift of Life is a MHA Keystone Center campaign designed to raise awareness about the importance of organ donation and transplants. The statewide campaign more than tripled the number of hospital-generated registrations in one year. Michigan hospitals were encouraged to take part in the celebration of National Donate Life in April.

Thursday, July 30, 2015 was the 50th anniversary of Medicare and Medicaid programs. The programs have done untold good for the low-income and/or disabled people of Michigan. CMS (Centers for Medicare and Medicaid Services) is dedicated to creating a health care system that is setting the standards for how care is being delivered by being better and healthier and committed to improving healthcare for future generations.

Hospitals are encouraged to promote Falls Prevention and Diabetes Programs. MHA is partnering with the Area Agencies on Aging Association of Michigan in its efforts to expand participation in falls prevention and diabetes self-management programs for older adults. To find classes, visit [www.GreatAtAnyAgeMI.com](http://www.GreatAtAnyAgeMI.com) and search by county for local area agency on aging and a link to their class schedules.

## **WARNING SYMPTOMS OF STROKES (F.A.S.T.)**

- Sudden numbness or weakness of the face, arm or leg—usually on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause.

The way to evaluate whether a person has had a stroke, you need to remember the acronym

### **F.A.S.T.      Face, Arm, Speech, Time**

**FACE:**            facial droop or uneven smile  
**ARM:**            arm numbness, arm weakness  
**SPEECH:**        slurred speech, difficulty speaking or understanding  
**TIME:**            call 911 immediately and go to the closest hospital immediately for medical attention

Reduce these risk factors: smoking, diet, heavy alcohol use, high blood pressure, diabetes, physical inactivity and obesity. These factors need to be treated and controlled.



# What's Happening Around the District..

*Did we hear from your Hospital?*

## **DMC Huron Valley Sinai Hospital**

## **DMC Sinai Grace Hospital Guild**

## **Garden City Hospital**

**Henry Ford Macomb Hospital** volunteer department has begun to make plans for the Trunk or Treat event held around Halloween for the employees, physicians, volunteers and their children and grandchildren. It's a fun event with decorated trunks, games, activities and food for all. The new POS system in the Gift Shop is working well and soon the Coffee Bar will have a similar system.

**Henry Ford Wyandotte Auxiliary** is pleased to be hosting the SED-MAHA Board Meeting on September 15, 2015 and then having the membership meeting right next to the hospital at the Silver Shores Banquet Center. Tina Strait, Volunteer Services Coordinator, and Mary DeSana, RN will talk about the hospital's "Rock a Baby" Program. Our volunteers rock babies who are drug addicted or who will benefit from special soothing.

## **McLaren-Macomb Guild**

**McLaren Port Huron Auxiliary** reports that ground breaking has taken place for the expansion and renovation of the hospital. A 3 year plan calls for a Karmanos Cancer Center, a Patient Tower with private inpatient rooms, a new emergency center and more. This summer has been somewhat restful with an Ice Cream Strawberry Social for the wonderful staff and our popular Golf Outing & Volunteer Picnic. This fall is our Harvest Gathering for area Food Pantries, Books are Fun and other fund raisers.

## **Our Lady of Providence League (OLPL), Southfield**

**Pro Medica Monroe Regional Hospital** volunteers have changed their name and look! They are now officially ProMedica Monroe Regional Hospital Auxiliary and their new smocks are green. The Auxiliary is hosting a morning coffee for members just to enjoy! Another fun event will be going to a tea in Toledo, Ohio. The Gift Shop recently purchased a refrigeration unit so they can now carry dairy products from a local company. It has been a smashing success with chocolate milk and chip dip being the best sellers.

**Providence Park League—Novi** Fundraising Committee is offering a super opportunity for a dinner and fashion show on October 15, 2015 at Baker's of Milford. With much enthusiasm by Candy Litman, ring leader of this event, and many hands of committee volunteers, it promises to be a fun and rewarding evening. Fashions are provided by Clothing Cove of Milford. Any SED member interested in checking it out, tickets are \$40 each. Please call 248-465-4060.

**St. John Macomb-Oakland, Warren Center Auxiliary** has recruited and trained over 40 teen and college age volunteers since May. Over half of them want to stay on after school begins. We have been successful in training and placing more volunteers on the nursing units and have also been able to staff our new Acute Care for the Elderly (ACE) unit with volunteers. Along with spending time with the patients, these volunteers hold activities such as movies and bingo in the unit's activity room. This fall our fundraising activities will include holding a Chrysanthemum Flower sale and also welcoming a new vendor called Baubles and Beads.

**St. John River District Hospital Auxiliary** is looking forward to their Hospital's 50th Anniversary Rededication on September 15, 2015. The Auxiliary's 2nd Annual Arts and Crafts Show will be held on October 16, 2015. The hospital will also be conducting their Annual Health Fair in conjunction with the Show. We hope you can join us.

**St. Joseph Mercy Chelsea** Arbor Nook Gift Shop is getting a new look with lots of new merchandise. Gift shop manager, Russ, has been on several buying trips in preparation. It's also time to get back in the swing of things for those that have been gone for the summer as we get back to the Board Room and plan for the fall and winter fund raising activities. Four volunteers will be attending the MAHA Fall Conference looking to bring back some new ideas to the Auxiliary.

## **St. Joseph Mercy Oakland—Pontiac**

## **St. Joseph Mercy - Port Huron**

## **University of Michigan Health System**

**Please share your activities with  
the other organizations  
In our Southeast District.**

IF UNDELIVERABLE, RETURN TO:  
Beverly Hartman  
SED Communications Chair  
35638 Kensington Ave.  
Sterling Heights, MI 48312-3739

VISIT [mahaonline.org](http://mahaonline.org)  
for more MAHA state news and district news from all of the  
Six Michigan Districts.

## SOUTHEAST DISTRICT FALL MEMBERSHIP MEETING

WEDNESDAY, SEPTEMBER 16, 2015  
at  
Silver Shores Banquet Center  
Wyandotte, MI

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MAHA FALL CONFERENCE  
MONDAY—WEDNESDAY  
OCTOBER 12-14, 2015  
CRYSTAL MOUNTAIN

LET US KNOW WHAT YOUR AUXILIARY IS  
DOING IN THE NEXT ISSUE OF THE  
SOUTHEAST DISTRICT DIGEST....

The next SED Digest deadline  
is **FEBRUARY 5, 2016**

Please email your information  
(100 words or less)  
to: [bhartma1@sbcglobal.net](mailto:bhartma1@sbcglobal.net)

Or mail to:

Bev Hartman  
SED Communications Chair  
35638 Kensington Ave.  
Sterling Hts., MI 48312-3739.



# KNOW YOUR 2015-2016 SED EXECUTIVE BOARD

**PRESIDENT: PATRICIA ESSELMAN** is a volunteer at Providence Park Hospital. As our President She is the chief executive officer of SED-MAHA and will preside at all meetings of the District. She also represents our District at all meetings of the Michigan Association of Healthcare Advocates (MAHA) and reports on our activities to the State Board.

**PRESIDENT ELECT/LEGISLATIVE DIRECTOR: CONNIE ULRICH** volunteers her time at Henry Ford Macomb Hospital. As our President elect she will prepare to assume the responsibilities of SED President in 2016. As Legislative Director she supports the requests of the Michigan Health & Hospital Association (MHA) and the MAHA leadership regarding resolutions, letters and public relations programs affecting hospitals and volunteers. She communicates their requests to our district members.

**VICE PRESIDENT: JUANITA DICKERSON (Dicky)** is a volunteer at DMC Sinai-Grace Hospital. As SED Vice President it is her responsibility to be Chair of the Program Committee and work with the Hospitality Chair to plan the Educational Programs for the SED Leadership / Legislative Meeting, Spring Workshop and Annual meetings.

**RECORDING SECRETARY: BARBARA BRENNAN** is a volunteer at DMC Huron Valley-Sinai Hospital. It will be Barb's responsibility to keep an accurate record of all actions taken at each of the SED General Membership and Executive Board meetings. She is the keeper of our permanent records.

**CORRESPONDING / FINANCIAL SECRETARY: RHEA HEIL** is a volunteer at DMC Sinai-Grace Hospital. It is her responsibility to mail notices for the Membership meetings and Financial statements to the President/Leader & DVS of each member organization as well as to the MAHA leadership as appropriate. She sends out correspondence, as necessary, at the request of the SED Board or President.

**TREASURER: ELAINE PASTOR** volunteers her time at St. Joseph Mercy-Chelsea Hospital. As Treasurer of SED, it is Elaine's responsibility to keep an accurate and detailed list of all of SED's assets, liabilities, receipts and disbursements. She is authorized to pay all bills as approved by the President. She is also chair of the Budget Committee.

**COUNSELOR: MARILYN BEVERLY** is a volunteer at McLaren Port Huron. She is the immediate past president. She provides counsel and direction to the president as requested. She chairs the Nominating Committee.

**PARLIAMENTARIAN: LAVENIA DEAN BILLINGS** volunteers at McLaren Port Huron. She advises the President and Board on points of parliamentary procedure.

**COMMUNICATIONS: BEVERLY HARTMAN** volunteers at Henry Ford Macomb Hospital. It is her responsibility to serve as editor of the SED Digest. They are mailed to the President/Leader and DVS of each member organization. The Digest is also sent out by email and posted on the MAHA website: [www.mahaonline.org](http://www.mahaonline.org)

**HISTORIAN: The position is currently vacant.** It is this person's responsibility to maintain a scrapbook and continuing history of the organization. They will record the activities at each membership meeting.

**HOSPITALITY: This position is also currently vacant.** As the SED Hospitality Chair it is their responsibility for securing locations and making arrangements for the luncheons at all membership meetings. They work closely with the registration and program chairs.

**MEMBERSHIP / OUTREACH: CAROL ANN TOWNE** is a volunteer at St. John River District Hospital. She requests information from member organizations and compiles it for the MAHA and SED Annual Reports. She also maintains the SED gmail account and keeps an up-to-date roster of local officers and reports changes to MAHA and necessary SED officers and chairs.

**POLICY & BYLAWS: SANDRA MACLEOD** is a volunteer at DMC Sinai Grace Hospital. It is her responsibility to review and update the SED policies and bylaws annually. She will also have the SED Board Manual reprinted as necessary.

**REGISTRATION: SUZANNE GALLAS** volunteers at McLaren Macomb Hospital. As SED Registration Chair she will receive reservations and prepare name tags for the membership meetings. She also maintains an attendance book and works closely with the Hospitality and Program Chairs.

**NOMINATING COMMITTEE: MARILYN BEVERLEY, Chair CONNIE ULRICH and BEVERLY HARTMAN  
(SED Board members)**

**and JEAN BACKLUND** a volunteer at St. Joseph Mercy-Oakland, Pontiac and a past SED President.  
**MARILYN MOSS** volunteers at St. Joseph Mercy-Port Huron.  
(Members-at-large)