



Three Rivers Health

A bimonthly publication providing the latest information to support the patients and employees of Three Rivers Health.

river**REPORT**

THREE RIVERS HEALTH HAS JOINED FORCES WITH EIGHT OTHER HOSPITALS AS PART OF AN ACCOUNTABLE CARE ORGANIZATION (ACO)

The purpose of the ACO is to give coordinated, high-quality care to our chronically ill Medicare patients and to ensure that they get the right care at the right time, while avoiding unnecessary and costly duplication of services.

We have a targeted approach that involves three primary outreaches of care all focused on illness prevention. The **Annual Wellness Visit** is an opportunity for the providers to get a “snapshot” of their patient’s overall health. This visit carries no co-pay and no deductible.

Transitional Care Management looks after our patients during the vulnerable thirty days immediately after being discharged from the hospital.

Chronic Care Management gives special attention to patients with two or more chronic conditions. Persons enrolled in this service receive 24/7 access to a member of the care team, oversight of their medication regimen, coordination with home and community services, as well as help to coordinate with all of their providers in all settings.

Interested? Call 269.279.5240 ask for Venita.

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“GOING BEYOND THE BEAT” OPEN HOUSE

Three Rivers Health Cardiac Rehabilitation invites the public to a FREE Open House on **Thursday, February 16.**

The event, to be held from 9:00 a.m. to 1:00 p.m. at the HealthTRAC basketball court, promotes wellness and prevention of cardiovascular disease.

There will be FREE cholesterol and stroke screenings, blood pressure checks, vendors, prizes and more! Walk-in Cholesterol screenings will be limited so call ahead to schedule.

Call 269-273-9758 to schedule or for more information.

Three Rivers Health Announces Affiliation with Western Michigan University Homer Stryker School of Medicine

Beginning in May, up to five students from the Western Michigan University Homer Stryker School of Medicine will begin training at Three Rivers Health.

Three Rivers Health is proud to be affiliated with WMed and their long legacy of medical education and look forward to their students working with our physicians.

CASTERLINE NAMED EXECUTIVE DIRECTOR OF THREE RIVERS HEALTH FOUNDATION

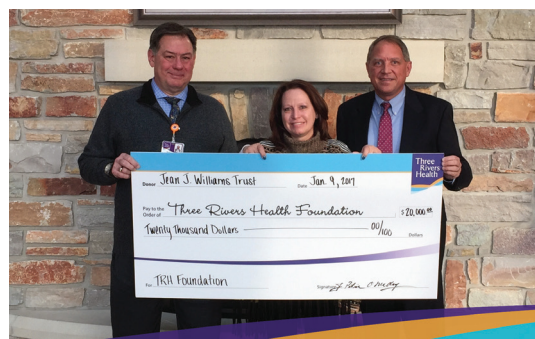


David Casterline has been named the Executive Director of Three Rivers Health Foundation. Casterline worked for more than 22 years at Armstrong International as the Corporate Director of Communications and has been a fixture in the community serving on numerous volunteer boards and organizations over the years.

“We are very pleased to welcome Mr. Casterline,” said TRH Chief Executive Officer William Russell. “David brings leadership and commitment to the Three Rivers Health Foundation as we continue to provide quality health care, further expansion and purchase of new technology, and improve the health and wellness of our communities.”

Casterline began his new role in late September. “I’m both humbled and honored to be working with the many outstanding people that represent a health care provider the caliber of Three Rivers Health,” cited Casterline. “I’m proud to be a part of this team.”

His community involvement includes, sitting on the Board of Directors of the Three Rivers Area Chamber of Commerce for 20 years; serving on the Executive Board and as the Chairman of the Board of the Ethics Advisory Committee for of the Michigan Colleges Alliance.



HELPING HOSPICE AND HOMECARE

Heather Wilcox, great-niece of Jean Williams of Three Rivers, presents a check for \$20,000 from Williams’ trust to the Three Rivers Health Foundation on Monday, Jan. 9. The gift will help advance hospice and homecare services at Three Rivers Health.

During that time Williams was under hospice care, she really appreciated the company and the nurses, and wanted to give back. Pictured left to right is TRH CEO Bill Russell, Wilcox and TRH Foundation Executive Director Dave Casterline.

LOCAL COMPANIES BENEFIT FROM WORKSITE WELLNESS PROGRAM



TRHealthFIT is an Employee Wellness Program provided by Three Rivers Health and HealthTRAC for the entire community. The program is designed to encourage and motivate employees to take steps to improve their overall health and wellness, by offering various health-centered activities in the workplace.

Local companies can benefit from worksite wellness programs by improved employee relations, increase in morale, decrease in absenteeism, lower health care costs, and greater productivity. Three Rivers Health is in its third year of participating in TRHealthFIT and the response has been outstanding.

“Being involved in the wellness program at Three Rivers Health helps me stay focused on healthy choices. It helps me to be accountable to myself.” ~Dawn Arnold–Nutritional Services

In addition to the hospital, TRHealthFIT also provides services to local companies; currently partnering with four local businesses to improve their employees’ health and wellness. Programs are uniquely designed based on the company’s specific needs and goals for their employees.

The program offers a variety of services that include on-site confidential health screens to assist employees in identifying potential health risk factors. The health screens test cholesterol and glucose levels, blood pressure, waist measurement and body composition. Various challenges and events are offered to the employees throughout the year such as walking challenges, weight loss and maintenance challenges, on-site exercise classes, and educational presentations all provided by various health professionals from Three Rivers Health and HealthTRAC.

The most recent HealthFIT activity held at Three Rivers Health was a Holiday Weight Loss/Maintenance Challenge. The participation and results were awesome. The holiday season is full of temptations of over indulging in unhealthy choices. The accountability and support throughout the challenge created huge success in many participants. 54 employees participated in the ten-week challenge that ran through Thanksgiving, Christmas and New Year’s. Participants weighed in with a wellness specialist once a week. 31 employees lost weight over the 10 weeks! The 1st place winner lost a total of 30.8 pounds and 2nd place lost 16 pounds! All participants that lost or maintained their weight throughout the challenge will be entered into a drawing for a \$500 Visa Gift Card!

This is just one of the many examples of our team approach, accountability with co-workers, and reminders of healthy choices throughout the work day. If your company is interested in creating a healthier and happier workplace, contact Niki Tulley, TRHealthFIT Coordinator, at ntulley@trhealth.org or 269.278.8722, to help you meet your company’s goals. For companies participating in TRHealthFIT, employees and their families receive a 30% discount off of Annual HealthTRAC Memberships.

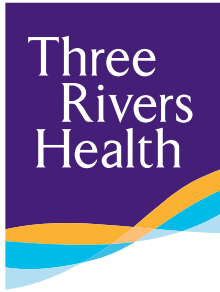


Healthier COOKING Workshop ‘Heart Healthy Meals’

Thursday, February 16 • 5:30 pm
TRH Hospital Cafeteria

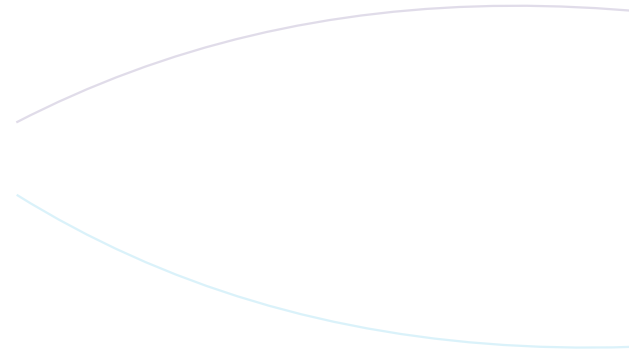
\$8.00 – HealthTRAC member

\$12.00 – Non-member



Three Rivers Health

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Three Rivers, MI 49093
Phone: 269.278.1145
www.trhealth.org



TOWN HALL MEETING

February 21 • 6:30 p.m.
Hospital Cafeteria

OPEN TO THE PUBLIC

Topic:
- State of the Hospital



SAVE THE DATE!

TRIPLE CREEK COLOR DASH 2017

SATURDAY

JUNE 17th • 9:00 AM

5K & 1 mile Color Run/Walk

**Memory Isle Park
Three Rivers, MI**



Contact Cardiac Rehab at Three Rivers Health,
Voice 269.273.9758
for more information.

Are you interested in joining the Three Rivers Health Team?

Visit our employment open house on March 16th, in our main campus lobby.

Clinical and Non-Clinical positions are available.

Call 269.273.9603 for more information or visit www.trhealth.org

