

Health Today

From Cheboygan Memorial Hospital



748 S. Main Street
Cheboygan
231-627-5601

www.cheboyganhospital.org

CMH Shining Star

Congratulations to Don Barrette, Pharmacist for being named the CMH Shining Star for the month of September. His super attitude, calm demeanor and dedication to his role are just some of the reasons cited by his fellow staff members in the Pharmacy Department. Don has been part of the CMH family dating back to the 1980's. He used to be the author of the "Ask the Pharmacist" column in the CMH Gazette. Each month, a different Shining Star is recognized at CMH, receiving a commemorative pin, special parking spot, goodie bag and their name engraved on a permanent plaque displaying all the Shining Stars in the main hallway of the Hospital. Photos of the Shining Stars and Top Docs can be found on the Employee Recognition page of the CMH website, www.cheboyganhospital.org.



Don Barrette

Community Support Appreciated

The support of the community was recognized by Cheboygan Memorial Hospital's Development Council during its recent committee meetings. Discussions regarding donations for the latest Development initiative, Surgical Equipment, included high praise for the way area residents and visitors assure the Hospital's progress. Supporters do this through financial assistance as well as making use of the many services available at the Hospital and Health Center.

The goal for the Surgical Equipment initiative is \$250,000 and so far more than \$112,000 has been raised. Included in the equipment list is: a cholelithotripsy used for gall bladder procedures where the patient has numerous stones; laparoscopy instruments so more than one surgeon can operate at a time; glidescope to be used for first pass success for difficult intubations (a lifesaving instrument); IV/Blanket Warmer for reducing the chances of hypothermia; a surgical headlight to better see specific areas during surgery and a video and camera system so that surgeons have the capabilities to visualize internal organs and bones. The video and camera system is used by general surgeons, orthopedics, OB/GYN, urology and for colonoscopies.



A host of projects and equipment purchases have been made possible in recent years thanks to the generosity of donors to CMH. Some of these projects include the Cardiac Wellness Center, the Family Life Center (obstetrics), the Spies Surgery Center, Chapel, CT Scanner, Ultrasound, Butterfly Room, Nursing Center, ICU Waiting Room and many more.

Every donation makes a difference to services at CMH and is much appreciated. No gifts are used for operational costs or wages. To join the donors to CMH, contact the Development office at (231) 627-1232 or send donations to: CMH, Development Department, 748 Main Street, Cheboygan, MI 49721.

Let's Get Moving



Thanks to all those who participated in the 2009 Let's Get Moving Northern Michigan program. It looks like Cheboygan finished 5th in the number of participants for each community. We had 273 people sign up, logging 28,737 miles. Overall, more than ten northern Michigan communities combined for over 1.1 million miles this summer with Traverse City winning the Blue Cross Blue Shield challenge grant.

Upcoming Events

- **September 22 -FREE Financial Planning Workshop**
7pm, CMH Administrative Offices, Lincoln Bridge Plaza
(231) 627-1232
- **September 23 - FREE Diabetes Education Class**
6pm - 8pm, Health Center Conf. Room A
(231)-627-1298
- **September 29 - CMH Auxiliary Luncheon,**
Black Lake Grille, Onaway
- **October 15 - Senior Health Expo,** Cheboygan K of C Hall

For more information on upcoming events, go to www.cheboyganhospital.org

October is
National
Breast Cancer Awareness
Month

"Celebrating 25 Years of Awareness, Education and Empowerment"

The American Cancer Society recommends annual mammograms for women 40 and older. Schedule your annual exam and mammogram with your doctor.

- **October 9 - Cookout & Raffle** hosted by Wheeler Motors to Benefit Breast Cancer Awareness
- **October 21 - Presque Isle Volleyball "Pink Showdown"**, Onaway High School - featuring teams from Rogers City, Posen and Onaway with special fundraisers to raise money for Breast Cancer Awareness.
- **October 23 - "Rushing for a Cure"** - Donations will be accepted during the Chiefs football game with Ogemaw Heights. Fans are encouraged to wear something pink to the game. Proceeds go towards Breast Cancer Awareness.
- **October 29 - Cheboygan Volleyball "Pinkout" vs Pellston**
7p.m. at the Cheboygan High School

Best Wishes to All Students, Parents & Teachers

**"Have a Safe, Healthy,
Productive School Year!"**

From the Pediatric Staff at
Women's & Children's Health Services



Seated in front, left to right, are Barbara VanderHeide, FNP-BC and Jennifer Tryban, M.D. Standing in back, left to right, Francis Darr, M.D. and Charlie Christensen, D.O.

Women's & Children's Health Services

(Located in Lincoln Bridge Plaza)
722 South Main Street
Cheboygan, Michigan 49721

To Schedule an Appointment,
Call 231-627-1493



CHEBOYGAN MEMORIAL HOSPITAL
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